Thanks for visiting our Eating Disorders website. Here you’ll find the details of many local resources to support you through your journey to good health. We can also assist you in your recovery.

You are not alone. Eating Disorders can affect anyone. Did you know that over one million Australians live with an eating disorder? Most people will be able to recover without needing to go to hospital.

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We can assist you in your recovery,

Over one million Australians live with an eating disorder. They are serious mental illnesses that can affect anyone. Recovery from an eating disorder is possible, and most people will be able to recover without needing to go to hospital.