



SUPPORT GROUPS

The groups we facilitate include: peer-led eating disorder support groups, self-help / mutual aid groups, and functional recovery groups.

The focus is on personal recovery through fun and meaningful activities shared in an inclusive and safe space. The activities that may include, but are not limited to:

- Presentations from guest speakers
- Outings
- Arts and crafts
- Resource sharing
- Animal interaction

REFERRALS

For more information, contact us:
8159 1400
edss@centacare.org.au



For referrals, please scan the QR code.

Our service encourages referrals of individuals who identify as Aboriginal and Torres Strait Islander and those who identify with the LGBTQIA+ community.



FAMILIES, CHILDREN AND YOUNG PEOPLE
CARER SUPPORT, DISABILITY, AND AGED CARE
DOMESTIC VIOLENCE AND HOMELESSNESS
EDUCATION, TRAINING, HEALTH AND WELLBEING

Eating Disorder Support Services

413 Grange Rd, Seaton SA 5023
8159 1400
edss@centacare.org.au
centacare.org.au

If you are an organisation, agency or school,
and would like to know more, please get in touch.
We will come to you.



A Child Safe Organisation
Centacare has an ongoing commitment to building
and maintaining a Child Safe Organisation.



Centacare welcomes people who are intersex,
gender diverse and of all sexualities.



Statement regarding the traditional owners of the land

For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Centacare is nationally accredited
against the Quality Improvement
Council (QIC), Australian Health and
Community Services Standards.



EATING DISORDER SUPPORT SERVICES



WHAT WE DO

Centacare's Eating Disorder Support Services (EDSS) supports individuals 12+ who may be experiencing an eating disorder or disordered eating, body image concerns and/or unhelpful relationships with food.

We also extend this support to carers, families, and networks, where appropriate.

EDSS strives to provide an understanding and inclusive environment for all who access the service. We foster person-centered practices by respecting individuals and walking alongside them through their recovery journey.

In EDSS we respect the complexity of individual experiences and appreciate recovery is unique to everyone. Regardless of where you're at in your journey, EDSS can support you.

ABOUT EDSS

EDSS has highly skilled mental health professionals who can offer support in a variety of ways:

- Face to face, online or telephone support.
- Exploration and planning of recovery journey.
- Non-clinical, practical and personal recovery support.
- Lived-experience peer support.
- Improvement of social connection.
- Guidance in navigating and accessing services.
- Advocacy and promotion of self-advocacy on issues impacting mental health.
- Connecting families to resources and services.
- Collaboration with clinical and non-clinical services.
- Exploring a non-eating disorder identity.

1:1 SUPPORT

EDSS can support individuals in their recovery journey for up to 6-9 months.

Our team will tailor to the individual needs and will be guided by the personalised recovery plan, which may include practical activities.

Our support aims to provide hope, facilitate referral pathways, empowerment to overcome barriers and challenges, self-management, and self-advocacy.

Our 1:1 support is available Monday to Friday, 9:00am-5:00pm.