



WELCOME TO EATING DISORDER SUPPORT SERVICES (EDSS)

EDSS uniquely offers free support to those aged 12+ living in South Australia, experiencing unhelpful relationships with food, eating disorders and/or body image concerns.

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BODY IMAGE AND EATING DISORDERS AWARENESS WEEK

MONDAY 4 - SUNDAY 10 SEPTEMBER

Join the activities we have planned to participate in this annual awareness campaign.

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WELCOME TO EATING DISORDER SUPPORT SERVICES

We are thrilled to announce the launch of Centacare Eating Disorder Support Service (EDSS).

Our service uniquely offers free support to those aged 12+ living in South Australia, experiencing unhelpful relationships with food, eating disorders and/or body image concerns.

We are confident that EDSS can assist individuals by providing a non-clinical personal recovery service.

We currently offer one-on-one support and deliver a peer-led support group.

ONE-ON-ONE SUPPORT

WHAT TO EXPECT?

- Up-to 6-9 months of 1:1 support
- Recovery journey support and planning
- Practical support in the community, if required
- Referral pathway support

PEER-LED SUPPORT GROUPS

WHAT TO EXPECT?

Our peer-led support groups are delivered by peer workers with a lived experience of recovery.

We provide a safe, supportive and non-judgmental environment where you can connect with other people with similar experiences.

Our group members can:

- Learn strategies and engage in activities that can support their recovery.
- Share their experiences with people who may understand what they are going through.
- Share information about services and resources that support their recovery.

WHO CAN ACCESS OUR SERVICE?

You do not have to be diagnosed with an eating disorder to access our service.

We provide support to anyone experiencing/living with:

- unhelpful relationships with food
- body image concerns
- disordered eating

HOW TO ACCESS EDSS?

Complete our online form via [this link](#) or by scanning our QR code.



8303 6660
edss@centacare.org.au



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

WHERE ARE WE LOCATED?

Centacare - Catholic Family Services
78 St Vincent St Port Adelaide

If getting to us is a barrier, please get in contact with one of our friendly team members. We may be able to extend our support in an outreach capacity.

JOIN THE NEXT GROUP **ONLINE STARTING**
5th OCTOBER

MONDAY 4 - SUNDAY 10 SEPTEMBER

THE TIME IS NOW

We encourage everyone to get involved in national Body Image and Eating Disorders Awareness Week (BIEDAW).

This is an annual campaign to raise awareness of body image and eating disorders.

Help us celebrate BIEDAW 2023 from 4-10 September. This year's theme is 'The time is now to act on eating disorders and body image'.

Find out more [here](#).



MONDAY 04/09

Join in our free [webinar](#) 'Welcome to EDSS'

FRIDAY 08/09

Check out Centacare Catholic Family Services on Facebook for a lived experience recovery story.

TUESDAY 05/09

Follow us on Instagram @centacare-adelaide for recommendations on resources, podcasts and audiobooks.

SATURDAY 09/09

Focus on your self-care. Care can be in many forms: physical, spiritual, mental in both your work or personal life.

WEDNESDAY 06/09

We are attending the Playford International School Expo to share body kindness messages and to offer our support.

SUNDAY 10/09

Take stock of your strengths! Your strengths are those characteristics that help you feel safe and happy.

THURSDAY 07/09

Our team will be walking/rolling/riding and enjoying the sunshine to celebrate our bodies for what they can do.



If you are doing something for BIEDAW we would love to hear about it. Connect with us on our BIEDAW social media posts or send us an email edss@centacare.org.au and you may just see your event in our next newsletter.

USEFUL LINKS

[Butterfly Foundation](#) | [Kids Helpline](#) | [Lifeline](#) | [Lived Experience Telephone Support Service](#) | [QLife](#) | [ReachOut Australia](#)