



ABOUT 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/disturbances.

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GETTING THROUGH THE HOLIDAYS Resources and Stories

EDSS is closed over the holiday period from Dec 22nd 2023 and reopens on Jan 2nd 2024. Check out page 2 for alternative supports, links to articles we have found helpful as well as insights from Lived Experience Peer Worker, Sarah.

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WELCOME TO EATING DISORDER SUPPORT SERVICES



EDSS is currently accepting referrals for One-on-One Support and Expressions of Interest for our upcoming Peer-Led Support Group

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/disturbances.

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/disturbances
- 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.

Contact us on 8303 6660 or edss@centacare.org.au to express your interest in groups for 2024

GETTING THROUGH THE HOLIDAYS

The holidays can be a great time to connect with others and celebrate.

At EDSS we understand that it can also be a tricky time for those struggling with their body image, relationship with food or eating disorder.

We encourage everyone to be kind to themselves over this time and reach out for support from loved ones or available services as needed.



HELPFUL ARTICLES

5 questions you might have about Christmas with an eating disorder

-from Beat Eating Disorders



Read Cara's story

Christmas can be a difficult time for many reasons but it can be especially challenging when you live with an eating disorder.

-from Beat Eating Disorders

5 tips to support your loved one with an eating disorder

Managing the Holidays

-from Eating Disorders Families Australia

PEER PERSPECTIVE

-by Sarah

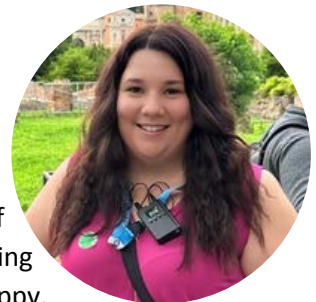
I have found that this is a time of celebrating but for others, it can be very isolating and lonely.

What has helped me is thinking of ways that I can spend my time doing something that makes me feel happy.

For me, that includes spending time with my dog Ruby, going to the beach, and also reflecting on how far I have come.

While some services are closed during the break, accessing the Lived Experience Telephone Service (1800 013 755) has been helpful for me.

If this time of year is difficult for you, please know, you are not alone and there are supports available.



USEFUL LINKS

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