



## ONE-ON-ONE support in the community

We provide a safe, inclusive and empowering space where people can connect, and explore their relationships with themselves.

[PAGE 2](#)

## MANAGING THE HOLIDAYS

Whilst many will enjoy the simple pleasures of a much-needed day or week off, those who are struggling may find their eating disorder robbing them of the joy that others immerse themselves in.

[PAGE 3](#)

# WELCOME TO EATING DISORDER SUPPORT SERVICES

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 are currently accepting referrals for one-on-one support. We uniquely offer community support whether it is at a local cafe, park, your home or assistance with grocery shopping.

Option available to work with a mental health worker or peer worker.

## 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.

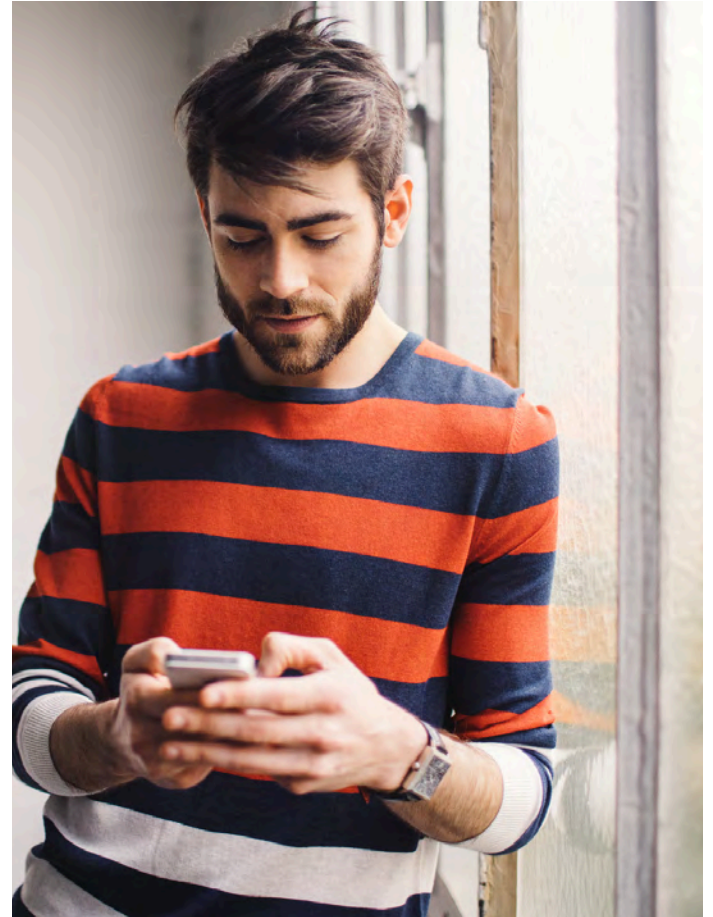
If you are an organisation, agency and/or school and would like to know more, please get in touch.  
We will come to you!

## 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.



## WHERE ARE WE LOCATED?

Centacare - Catholic Family Services  
413 Grange Road, Seaton SA 5023

## CONTACT US

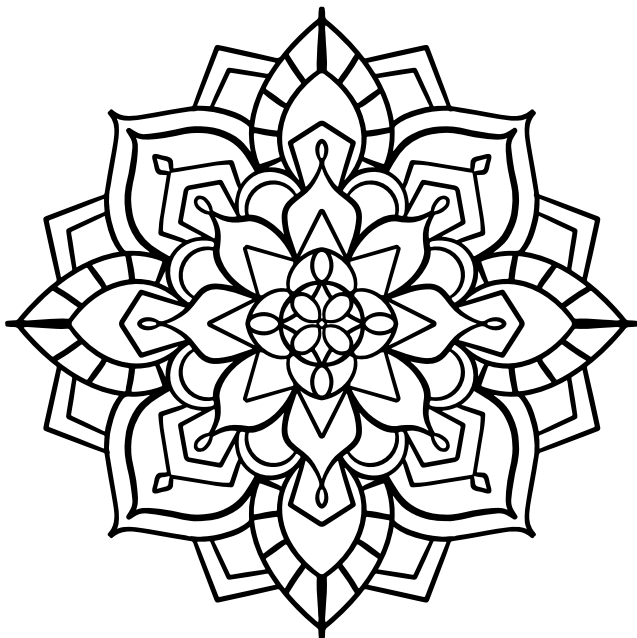
8159 1400  
edss@centacare.org.au

# HELPFUL TOOLS TO NAVIGATE THE HOLIDAYS



- Surround yourself with positive influences that encourage you to feel good about who you are and what makes you unique.
- Establish boundaries with others. Comments about bodies? Photos you didn't want taken?
- Make a plan ahead of time to manage challenging situations, thoughts or unhelpful thoughts and behaviours.
- There are no good or bad labels.
- Be kind to yourself. Self-compassion is the key to healing.
- Find your comforts: Pet? A good sitcom? Walking in nature?
- Utilise mindful grounding tools. Focus on the present moment and give yourself permission to enjoy. Create a toolkit. Make note of what works for you and have it ready for the tough moments.
- Reach out for support.

## HAVE A MOMENT?



Mandalas are great for calming the mind and feeling grounded in the present moment!

## POSITIVE INFLUENCES

[Alice Bleathman](#) | Dietician

Promotes the joys of food. Provides nutritional information (not advice), does not label foods, and caters to cost of living crisis by offering affordable recipes.

[Clean Kweens](#) | Dietician

Provide recipes, educational content to show that nutrition doesn't need to be restrictive or difficult. Promotes food freedom and eating intuitively.

[Florence Given](#) | Writer

Writes and talks about empowerment, embracing your differences, romanticising and finding the joy in every day. Florence is a positive and empowering influence on social media.

[Carina Wolff](#) | @kalememaybe

Carina creates nourishing meals & recipes from local, and in season produce. It's simply - good food.

## USEFUL LINKS

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