

Low Cost Eating Disorder Resources

for Support, Access and Independent learning opportunities

We understand that it can be hard to access services due to a number of barriers, including extensive waitlists and costs associated with many specialist health services.

We have put together a list of the leading organisations providing free or low cost support, resources, education and treatment facilities available in Victoria.

This is in hopes to ease the process of navigating the wide array of resources and information out there about eating disorders, recovery and treatment available.

This document is intended to be easy to use; we categorised what is offered by these organisations in their available Services, Programs, Learning and Resources.

You'll find these listed below with their title and direct links to their associated webpages.

Contents

This resource contains a list of established organisations within Australia, primarily within Melbourne (Naarm) Victoria. This list contains the different resources available through services, programs, resources and facilities with the links to access their relevant webpages.

Services

Includes different practitioner services available at different organisations, as well as some resources on how to access them (such as the referral process if required).

Programs

Includes the variety of support programs available for people suffering from disordered eating as well as for their carers. It also includes how to access different workshops and classes available through the organisation.

Learning

Shows the learning platforms and opportunities available through different organisations, centering around disordered eating and recovery.

Resources

Lists the variety of resources available at the leading organisations designed to support client and carer access and knowledge of the medical system and treatment

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available. This includes resources on: accessing services; support in applying for Eating Disorder Care Plans; accessing medicare and rebates; factsheets on eating disorders and recovery; guides for doctors and medical practices; support lines; and for navigating treatment pathways.

Facilities

This lists the available facilities providing inpatient, outpatient and day programs in the Private and Public health sectors. It outlines the eligible age range and health facility (typically hospitals) with links to the relevant pages with further information.

LGBTQIA+ Services

Organisations providing support inclusive of the LGBTQIA+ community.

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Services

Organisation	Service	Link
Butterfly Foundation		
	Refer to our Services	https://butterfly.org.au/health-professionals/refer-to-our-services/
	Referral Database	https://events.butterfly.org.au/portal/ReferralSearch/SearchTreatment
Eating Disorders Victoria		
	Peer Mentoring Program	https://www.eatingdisorders.org.au/find-support/peer-mentoring-program/
	SE-ED Program	https://www.eatingdisorders.org.au/find-support/edv-se-ed-program/
	Telehealth Counseling Service	https://www.eatingdisorders.org.au/find-support/eating-disorder-wellbeing-support-program/
	Telehealth Nurse	https://www.eatingdisorders.org.au/find-support/telehealth-nurse/
	Dietitian	https://www.eatingdisorders.org.au/find-support/eating-disorder-dietitian/
	Psychology Clinic	https://www.eatingdisorders.org.au/find-support/eating-disorder-psychologist/

Programs

Organisation	Service	Link
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Butterfly Foundation		
	Youth Program	https://butterfly.org.au/get-support/outpatient-treatment-programs/youth-program/
	Recovery Program Emerging	https://butterfly.org.au/get-support/support-programs/recovery-program-emerging/
	Recovery Support Groups - Online	https://butterfly.org.au/get-support/online-support-groups/
	Face-to-Face Support Groups	https://butterfly.org.au/get-support/face-to-face-support-groups/
Eating Disorders Victoria		
	Workshops and Group Programs	https://www.eatingdisorders.org.au/find-support/workshops-and-group-programs/
	LGBTQIA+ Support Group, BLOOM	https://events.humanitix.com/bloom-online-support-group
	Larger Body Support Group, VIVA	https://events.humanitix.com/viva-online-support-group
	ED and other health conditions, COSMO	https://events.humanitix.com/cosmo-online-support-group
	Binge Eating and other compensatory behaviours, BEYOND	https://events.humanitix.com/beyond-online-support-group
	Restrictive and other compensatory behaviours, REACH	https://events.humanitix.com/reach-online-support-group

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	For carers and support, rALLY	https://events.humanitix.com/rally-online-support-group
	Carer Courses	https://www.eatingdisorders.org.au/find-support/edv-carer-courses/
	Events - Workshops and Programs	https://www.eatingdisorders.org.au/whats-on-at-edv/

Learning

Organisation	Service	Link
Eating Disorders Victoria		
	Thinkific - eLearning Platform	https://eatingdisordersvictoria.thinkific.com/
Centre of Excellence for Eating Disorders (CEED)		
	For Carers: Feed Your Instinct	https://feedyourinstinct.com.au/
	Reach Out and Recover	https://reachoutandrecover.com.au/

Resources

Organisation	Service	Link
Eating Disorders Victoria		

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	Understanding Medicare ED Plans FAQ	https://butterfly.org.au/health-professionals/understanding-medicare-eating-disorder-plans-faqs/
	<i>Resources (Factsheets)</i>	https://www.eatingdisorders.org.au/eating-disorders-a-z/eating-disorder-facts-and-resources/
	Hub - Contact Helpline	https://www.eatingdisorders.org.au/find-support/eating-disorder-helpline/
	Book Store	https://www.eatingdisorders.org.au/find-support/eating-disorder-wellbeing-support-program/
	Talking to my Doctor	https://www.eatingdisorders.org.au/my-eating-disorder-recovery-journey/talking-to-my-eating-disorder-doctor/
	Medicare for EDs	https://www.eatingdisorders.org.au/eating-disorders-a-z/medicare-eating-disorders/
	Treatment Pathways for Adults	https://www.eatingdisorders.org.au/my-eating-disorder-recovery-journey/eating-disorder-treatment-for-adults/#
	Treatment Pathways for Children and Young People	https://www.eatingdisorders.org.au/my-eating-disorder-recovery-journey/eating-disorder-treatment-for-children-and-young-people/
	Cost of ED Treatment	https://www.eatingdisorders.org.au/my-eating-disorder-recovery-journey/cost-of-eating-disorder-treatment/
Inside Out		
	Treatment Team Builder	https://insideoutinstitute.org.au/treatment-team-builder/#gsc.tab=0
	Medicare Process	https://insideoutinstitute.org.au/medicare/for-me/process
National Eating Disorders Collaboration (NEDC)		

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	Consumer Checklist	https://nedc.com.au/assets/NEDC-Resources/Consumer_checklist_final.pdf
	ED Treatment and Management Plan	https://nedc.com.au/eating-disorder-resources/ed-treatment-and-management-plans/
Centre of Excellence for Eating Disorders (CEED)		
	Accessing Treatment Services in Victoria	https://ceed.org.au/service-systems-victoria/accessing-treatment-services-in-victoria-overview/
	Access: Youth (under 18)	https://ceed.org.au/service-systems-victoria/children-and-adolescents-under-18-years/
	Access: Young Adults (18-25)	https://ceed.org.au/service-systems-victoria/young-adults-between-18-25-years/
	Access: Adults (25+)	https://ceed.org.au/service-systems-victoria/adults-over-25-years/
	<i>Resources and Guidelines (links)</i>	https://ceed.org.au/resources-and-links/

Facilities

Organisation / Service	Link	Notes
Public Health Inpatient		
Barwon Health	https://www.barwonhealth.org.au/services-departments/mental-health/item/eating-disorder-service	Provides support to children and youth (up to 25 years)
The Royal Childrens Hospital	https://www.rch.org.au/adolescent-medicine/eating-disorders-service/	Services are mainly for young people aged 0-15 years and their families.

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Alfred Health	https://www.alfredhealth.org.au/services/eating-disorders/	Provides treatment for people up to 24 years of age
The Royal Melbourne, NorthWestern	https://www.nwmh.org.au/professionals/services/specialty-services/eating-disorders-program/inpatient-program	Provides treatment for adults (18 years and over).
St Vincents, Austin Health	https://www.svhm.org.au/our-services/departments-and-services/b/body-image-eating-disorders-treatment-and-recovery-service-betrs	Provides support to anyone over the age of 18
Monash Health	https://monashhealth.org/services/eating-disorders/	provides intensive support to individuals 18 years of age and over.
Bendigo Health	https://www.bendigohealth.org.au/AdultCommunityMentalHealth/	Provides to adult patients aged 25 to 65 years living in the Bendigo region.
Private Health Inpatient		
Geelong Clinic	https://thegeelongclinic.com.au/inpatient-services/eating-disorders	Specifically designed to assist patients 16 years and above,
The Melbourne Clinic	https://themelbourneclinic.com.au/services/inpatient-programs/eating-disorders	Services are for people aged 18 and above. Under 18 can have appointments with Psychiatrists.
Public Health Outpatient		
Monash Health	https://monashhealth.org/services/eating-disorders/	Provides treatment to people over the age of 18.
The Royal Melbourne, NorthWestern	https://www.nwmh.org.au/professionals/services/specialty-services/eating-disorders-program/outpatient-clinic	Provides treatment for adults (18 years and over).
Public Health Day Programs		

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The Royal Melbourne, NorthWestern	https://www.nwmh.org.au/professionals/services/specialty-services/eating-disorders-program	Provides treatment for adults (18 years and over).
St Vincents Hospital	https://www.svhm.org.au/our-services/departments-and-services/b/body-image-eating-disorders-treatment-and-recovery-service-betrs	Provides treatment to people aged 12-24 years.
Monash Health	https://monashhealth.org/services/eating-disorders/	Provides intensive treatment to individuals aged 12-24 years.
Geelong Clinic	https://thegeelongclinic.com.au/day-services/eating-disorders-RISE	For adults aged 16 and above, with attendance required once a week for 8 weeks.
Barwon Health	https://www.barwonhealth.org.au/services-departments/mental-health/item/eating-disorder-service	Group program for carers of people with an eating disorder, which runs three times / year for six weeks.
Private Health Day Programs		
The Melbourne Clinic	https://themelbourneclinic.com.au/services/inpatient-programs/eating-disorders	Provides support to people aged 18 and above. Under 18 can have appointments with Psychiatrists.

LGBTQIA+ Services

Organisation	Link	About
QLife	https://qlife.org.au/	A nationwide service that provides anonymous and free LGBTQ+ peer support.

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Rainbow Network	https://www.rainbownetwork.com.au/directory	Directory to connect people with LGBTIQ+ groups and services all over Victoria.
QueerSpace	https://www.queerspace.org.au/	LGBTIQ+ health and wellbeing support service providing peer support, counselling and professional development services.
Acon	https://www.acon.org.au/	Community organisation (based in Sydney) providing LGBTQIA+ specialised health services and support.
Rainbow Door	https://www.rainbowdoor.org.au/	Free specialist LGBTIQ+ helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family.
Twenty10	https://www.twenty10.org.au/	LGBTQIA+ (based in Sydney) service providing a broad range of specialised services for young people aged 12-25 including housing, mental health, counselling and social support.
The Melbourne Clinic	https://themelbourneclinic.com.au/about-1/lgbtiq	<i>Provides LGBTQIA+ inclusive services</i>

Community Health Organisations

<https://www.health.vic.gov.au/community-health/community-health-directory>

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