

Someone
here may
have an
**eating
disorder.**

HOW TO REACH OUT.

 edfa.org.au

 admin@edfa.org.au

 [edfaustralia](https://www.instagram.com/edfaustralia)

 public@edfaustralia

 [strive@edfastriveaustralia](https://www.facebook.com/edfastriveaustralia)



Did you know?

Engaging in conversation about diets, calories, weight, exercise, shape, appearance, and food may be triggering.

Eating disorders are life threatening brain-based illnesses that have devastating mental, physical and social impacts.

To learn more about eating disorders please visit edfa.org.au

“When you tell me I look healthy, my eating disorder tells me I’m not ‘sick enough.’ - Alex, 18”



“

***Thank you for
changing your
conversation!***

”