

Welcome to our Carer Support Group for adult carers of those with an eating disorder

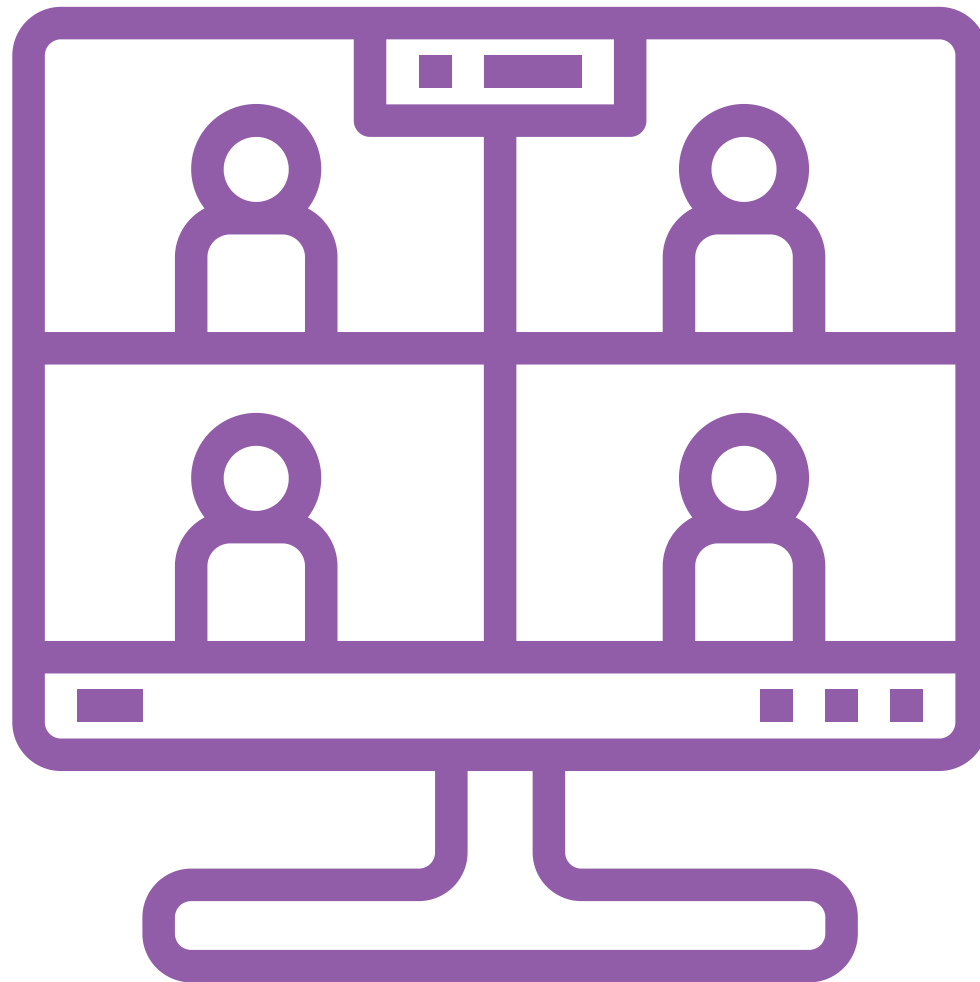
We are proud to be the national voice of those caring for someone with an eating disorder. We understand and respect that everyone's journey is different, and we take an unbiased approach to treatments, clinicians, and pathways of care.

Group safety

- On entry, use your full name and show your face so we can confirm your identity
- No recordings or screenshots of the meeting
- Use headphones if other people are in the background
- Personal information shared by others must not be shared outside the group
- **We cannot provide medical or professional advice. Participation in our support groups does not replace the need for seeking professional support.**

As we gather in this virtual space, we at EDFA acknowledge that the ground beneath our feet is historically the home of Indigenous Peoples. We pay our respects to Elders past and present and celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to lands and waters of Australia.

Breakout Rooms are created at random



- You may be placed with others who are in a different stage of recovery, or even a different diagnosis.
- Everyone has a unique carer experience, and no-one deserves to be here more than another.
- There is no right or wrong thing to say, however please be mindful when discussing graphic and distressing details for the safety of others.
- We are free to discuss all treatment options and understand that different approaches work for different families.

Join EDFA
for Education Webinars and Member-only Resources
edfa.org.au



Helpful Services

If you need extra support after the Group

Crisis lines

Emergency Services: 000
Suicide Call Back: 1300 659 457
Lifeline: 13 11 14

Other services

EDFA: 03 9125 5670
Beyond Blue: 1300 224 636
Carer Gateway: 1800 422 737
The Butterfly Foundation: 1800 334 673

or connect with other carers via EDFA's Facebook Group.