

Is someone  
you know  
experiencing an  
eating disorder  
and needs  
help?



Supporting someone with an eating disorder can be challenging. By learning more, you will be better able to look after yourself and more equipped to support the person you care about.

The free online resource

**NAVIGATING THEIR WAY TO HEALTH**

is for people who are caring for someone at any stage of an eating disorder.

It provides practical tips and information to help you support someone with their recovery journey.

To access this  
**FREE** resource, visit  
**[everymind.org.au/  
navigatingedhealth](http://everymind.org.au/navigatingedhealth)**

While you might not know what to do or say, your support can make a big difference to someone's recovery.

## NAVIGATING THEIR WAY TO HEALTH

was developed to support family and carers through this journey. It includes tips on how to locate information and services, navigate treatment options, understand the journey to recovery, and how carers can ensure they look after themselves too.

For direct support call the Mental Health Line on 1800 011 511 or the Butterfly National Helpline on 1800 ED HOPE (33 4673).

For further information on eating disorders, visit [www.cedd.org.au](http://www.cedd.org.au), [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au) and [www.nedc.com.au](http://www.nedc.com.au)

Family and carer involvement in treatment has been associated with better outcomes.



**EVERYMIND**

**INSIDEOUT**  
Institute for Eating Disorders



Health

**nib** foundation