

Do you have an eating disorder?
Are you concerned about your eating habits or the way you feel about your body?



NAVIGATING YOUR WAY TO HEALTH

is an online resource for people at any stage of an eating disorder. It provides practical tips and information to guide you through getting the support that you need.

While taking the first step can be hard, with the right treatment and support, recovery is possible.

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

You may feel unsure about getting help, this is okay. However, reading this resource is a good first step.

NAVIGATING YOUR WAY TO HEALTH

will support you to learn more about eating disorders, and includes tips on how to locate information and services, navigate treatment options and understand the recovery journey.

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, www.thebutterflyfoundation.org.au and www.nedc.com.au

A common symptom for most eating disorders is the feeling of uncertainty about whether or not to get treatment.



EVERYMIND

INSIDEOUT
Institute for Eating Disorders



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