

# Have you, a friend or a family member experienced an eating disorder? If so we want to hear from you!

We would like to hear from young people, their friends and family members about what resources and information you think would be useful to help families and schools identify the early warning signs of eating disorders.

## Did you know?

- Eating disorders are serious, prevalent, and on the rise.
- 9% of Australians will experience an eating disorder, and this rate is increasing.
- Eating disorders do not discriminate.
- Eating disorders are not always visible.

**Recovery is possible. Early identification and support are critical.**

headspace National Office has been allocated funding by the Department of Health & Human Services to develop an education program to tackle the early warning signs of eating disorders. Later in 2016, we will be offering free training and resources to people in local Warrnambool schools to help them identify early and intervene appropriately when young people are experiencing problems with eating.

## What

Group Discussion, run by a trained facilitator

## When

Thursday 3rd March, 7:00pm—8:30pm

## Where

headspace Warrnambool  
(Community Youth Complex, 210 Timor Street, Multipurpose Room, Ground Floor)

## Who

Young people, their friends and families – anyone who has ideas about what resources and information would be helpful!

## Contact

To register your interest, please email Martina Holland via [mholland@headspace.org.au](mailto:mholland@headspace.org.au) or pop in or call headspace on 1300 276 749

