



Eating Disorder Specialist Services

PUBLIC
PRIVATE

Outpatient	Day programs	Specialist clinics or programs	Inpatient
Monash Children's Hospital under 18	Monash Wellness & Recovery Day Program 12-24	Ngamai Wilam - Alfred Health Community Residential Mental Health Service 18+	Royal Children's Hospital
Royal Children's Hospital under 18	Barwon Health Eating Disorder Service 12-25	Melbourne Children's Clinic Under 18	Royal Melbourne Hospital
The Austin Hospital/Austin Health under 18	Ramsay Clinic Albert Road 14-22	Melbourne DBT Centre 13+	Monash Health/Monash Hospital
Box Hill Hospital under 18	St Vincent's Body Image & Eating Disorders Treatment Service (BETRS) 18+	6 Minds Psychology (Telehealth only) all ages	Monash Children's Hospital under 18
Alfred Health Eating Disorder Program up to 12-25	The Melbourne Clinic 16+	Nourish Nurture Thrive 10-18	Royal Children's Hospital under 18
Barwon Health Eating Disorder Service 12-25	The Geelong Clinic 16+	Glynn Mind Clinic all ages	Box Hill Eating Disorder Unit under 18
Grampians Health Eating Disorder Multidisciplinary Clinic up to 24		The Centre for Eating, Weight, & Body Image (CEWBI)	The Austin Hospital/Austin Health under 18
Headspace		Mind Body Well	The Melbourne Clinic 16+
The Melbourne Clinic 16+			Ramsay Clinic Albert Road 14-22
Ramsay Clinic Albert Road 14-22			The Geelong Clinic 16+
The Geelong Clinic 16+			

It is highly encourage all clients have a regular GP as the GP will manage the referral into their local CAMHS or CYMHS team. The client or client's parents can refer themselves to their local CAMHS or CYMHS team through the triage phone number too.



Other Services

- **Eating Disorders Victoria (EDV)**
 - EDV Hub 1300 550 236 (9:30-4:30pm weekdays)
 - Telehealth Nurse
 - Telehealth Counselling
 - Community groups
 - Peer mentor program
 - Body Project Australia
 - Carer's courses – UPSKILL for families doing FBT, RENEW who are not doing FBT, Phase 2 of FBT, Carer's coaching program
 - SE-ED Online Support Group
 - Extensive psychoeducation and resources
- **Butterfly Foundation**
 - Helpline 1800 33 4673 (7 days a week, 8am-midnight) or chat online or email
 - Support groups – recovery support groups or carer support groups
 - Support programs
 - Peer mentoring program
 - Pathways for recovery program
 - Extensive psychoeducation and resources
- **National Eating Disorders Collaboration (NEDC)**
 - Service locator
 - Peer support work and support groups locator
 - Extensive psychoeducation and resources
- **Eating Disorders Families Australia (edfa)**
 - Support Program – carer support groups and forums, support for siblings, monthly mindfulness and meditation sessions
 - Counselling service
 - Collaborative Care Skills Workshop (CCSW)
 - Education Webinars
- **LUMA (Western Australia – offers online support)**
 - Body Esteem Program
 - Anorexia/Bulimia Nervosa Group 18+
 - Binge Eating Disorder Group 18+
 - Youth Program (16-20 years old)
 - Online Program 16+
 - Youth Carer Program
 - Weekly Meet Up
 - Monthly Meet Up
 - Carer Workshop