

Resources for Families and Carers

Educating yourself about the illness and learning about other people's experiences can help you feel empowered to help support your loved one with an eating disorder in their recovery.

Eating disorders affects not just the person, but their loved ones, so this list includes resources for both the person and their support system.

Here are some resources that you may find useful:

Websites

Maudsley Parents

www.maudsleyparents.org

F.E.A.S.T

www.feast-ed.org

Beat Eating Disorders (UK)

www.beateatingdisorders.org.uk

Treating Eating Disorders

www.treatingeatingdisorders.com

Mental Health Carers NSW

www.mentalhealthcarersnsw.org

Feed Your Instinct

www.feedyourinstinct.com.au

If Not Dieting, Then What?

www.ifnotdieting.com.au

How Far is Too Far?

www.howfaristoofar.org.au

headspace

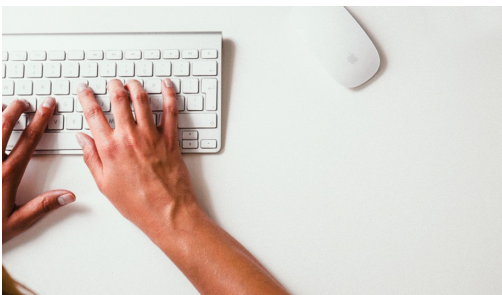
www.headspace.org.au

Recovery Resources

www.recoveryresources.com.au

The Centre for Mindful Eating

www.tcme.org



Centre for Clinical Interventions

www.cci.health.wa.gov.au

Academy for Eating Disorders - AED (USA/International)

www.aedweb.org

National Eating Disorders Collaboration

www.nedc.com.au

National Eating Disorders Association - NEDA (USA)

www.nationaleatingdisorders.org

Eating Disorder Hope (US)

www.eatingdisorderhope.com

Eating Disorder Families Australia (EDFA)

www.edfa.org.au

The Butterfly Foundation

www.thebutterflyfoundation.org.au

Eating Disorders Victoria

www.eatingdisorders.org.au

Eating Disorders Association (QLD)

www.eda.org.au

BRIDGES. Eating Disorders Association of Western Australia

www.bridges.net.au

Child and Adolescent Health Service (WA)

<https://pch.health.wa.gov.au/Our-services/Mental-Health/Eating-Disorders-Service>

Reaching Out (Australia)

www.au.reachout.com

Bodywhys - The Eating Disorders Association of Ireland

www.bodywhys.ie

Beyond Blue

www.beyondblue.org.au

Eva Musby

Helping you support your child to recover from an eating disorder, anywhere in the world
www.anorexiafamily.com

One More Mum's Blog

www.onemoremum.wordpress.com

Online Support for Families & Carers

The Butterfly Foundation

Online and face-to-face support groups for parents, carers and siblings who support someone with an eating disorder. Available online at set times to enable people to share experiences with others in similar situations.

www.thebutterflyfoundation.org

SANE Carers Forum

SANE Carers Forum is an Australian service for families, friends, and other carers of someone living with mental illness. This is an online forum for carers, where stories are shared, and help is provided by other carers.

www.saneforums.org

Families Empowered and Supporting Treatment of Eating Disorders

Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T) is an international organisation of and for caregivers of people with eating disorders. F.E.A.S.T information and online forums available.

<https://www.feast-ed.org/around-the-dinner-table-forum/>

Closed Facebook groups:

www.edfa.org.au/family-and-carer-wellbeing/family-and-carer-support-organisations/international/

Books

Skills-Based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method

By Janet Treasure, Grainne Smith and Anna Crane

Talking to Eating Disorders: Simple Ways to Support Someone who has Anorexia, Bulimia, Binge Eating or Other Eating Disorders

By Jeanne Heaton and Claudia Strauss

Conquering Eating Disorders: How Family Communications Heals

By Sue Cooper and Peggy Norton

If Your Adolescent has an Eating Disorder: An Essential Resource for Parents By Timothy Walsh and V. L. Cameron

Surviving an Eating Disorder: Strategies for Families and Friends

By Michelle Siegel, Judith Brisman, Margot Weinschel

Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers

By Janet Treasure

Eating Disorders: The Facts

By Suzanne Abraham

A Collaborative Approach to Eating Disorders

By June Alexander and Janet Treasure

Within, Part One

By Karen McGratten

Everybody's Different: A Positive Approach to Teaching about Health, Puberty, Body Image, Nutrition, Self-Esteem and Obesity Prevention

By Jenny O'Dea

Eating Disorders

By Stephen Touyz, Janet Polivy and Phillipa Hay

Interventions for Body Image and Eating Disorders: Evidence and Practice By Susan Paxton and Phillipa Hay

Eating with your Anorexic

By Laura Collins

Boys Get Anorexia Too: Coping with male eating disorders in the family By Jenny Langley

Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting, and Disordered Eating

By Carolyn Costin

Help Your Teenager Beat an Eating Disorder

By James Lock and Daniel Le Grange

The Boy Who Loved Apples: A mother's battle with her son's anorexia

By Amanda Webster

Overcoming Binge Eating (2nd Edition)

By Christopher Fairburn

Survive FBT: Skills Manual for Parents Undertaking Family Based Treatment (FBT) for Child and Adolescent Anorexia Nervosa

By Maria Ganci

