

Is the Body Esteem self-help group for you?

Do you...

- Think about food and eating the whole day long?
- Feel you are not allowed to eat?
- Feel guilty after you eat something?
- Regularly binge on food?
- Vomit after eating?
- Use laxatives or diet pills?
- Always feel the need to exercise?
- Let the scales determine your mood?
- Find it hard to accept your body?

Many women who answer "yes" to these questions also feel they can't talk about their concerns with others because they...

- Feel ashamed
- Think that they don't look like the stereotype of someone with an eating disorder
- Are afraid no-one will understand them
- Think they are over-reacting
- Believe they do not really have an eating disorder
- Believe they need to figure it out on their own

The Body Esteem self-help groups are a safe space to share your experiences with other women who understand.

The Body Esteem Program is supported by



Government of Western Australia
Mental Health Commission

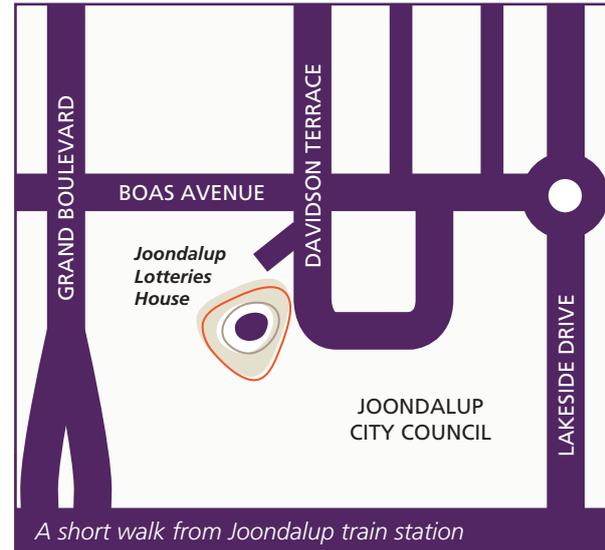


Womens Health and Family Services

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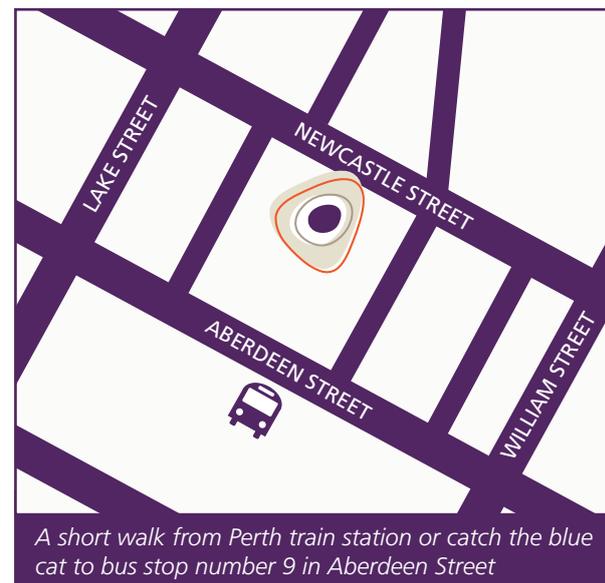
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Support for
Women Living with
Eating Disorders

www.whfs.org.au

The Body Esteem Program (BEP) is a service provided by Womens Health and Family Services (WHFS). The Program offers support for women suffering from eating disorders, and aims to assist them to make informed decisions about their health and well being in order to make and sustain positive change.

How We Can Help?

What are the Body Esteem self-help groups?

Self-help means that you set your own goals, take responsibility for learning, and make changes at your own pace. You will be supported and guided in this process by the facilitators and the structure of the group.

The Body Esteem self-help groups are a safe place where you can talk about anything related to your eating disorder with women who can understand and empathise with you.

Women who participate in the groups often find that they feel less ashamed, less isolated and more hopeful about the future.

Who are the Facilitators?

The Body Esteem self-help groups are facilitated by women who have recovered from an eating disorder themselves. They will share their own stories of having an eating disorder, and offer support based upon their own experiences of recovery. All of the group facilitators receive on-going training and professional supervision in their work.

What is Involved?

The Body Esteem self-help groups follow a 20 week program:

- The program is for women 18 years and over;
- The groups meet once a week; for 2.5 hours
- There is a group for women who experience Anorexia or Bulimia Nervosa and another group for women who experience Binge Eating Disorder;
- All participants are required to access individual therapy in addition to the group;
- Once a group commences, no new participants can join.

There is an up-front fee for participating in a group. If you would like to find out when the next group starts or to be considered for future groups, please telephone Womens Health and Family Services on 9300 1566 or visit our Website: www.whfs.org.au or email BEP@whfs.org.au

Supporting Parents, Carers and Partners

The Body Esteem Program also offers a Parent, Education and Support Program (PESP) for parents, siblings, carers and partners who have a loved one with an eating disorder.

The aim of the PESP is two-fold:

- To provide information about the nature of an eating disorder and of recovery, in order to help people gain a deeper understanding of what their loved one may be experiencing.
- To acknowledge and strengthen family communications and to provide an opportunity for people to learn strategies for self-care.

“It’s been enjoyable and difficult and confronting and enlightening. Its been a safe place to come and be me”

“A life-changing, life-saving experience”

“It is helpful to realise that we as parents are not alone and it was good to share our situation with others in the same boat”

-  medical & health
-  alcohol & other drugs
-  family & domestic violence
-  mental health
-  community development
-  aboriginal family support
-  rural in reach