

- ☆ Providing a respectful, understanding and safe atmosphere for both sufferers of eating disorders and their carers.
- ☆ Dedicated to educating the community by offering a variety of resources for both lay people and professionals alike.
- ☆ Active in addressing socio-cultural attitudes and stereotypes that foster weight preoccupation.
- ☆ Helping to create a society that values and accepts people of all sizes and shapes.

### YOU CAN BECOME INVOLVED BY

*Promoting our services and activities*

*Collaborating with us on special initiatives and projects*

*Making financial or in kind donations*

*Volunteering*

### Phone

(08) 8332 3466

### Fax

(08) 8322 3430

### Email

[information@edasa.org.au](mailto:information@edasa.org.au)

### HELPLINE HOURS

9.30am – 4.30pm  
Monday – Friday

### PERSONAL CONSULTATION

By appointment

### EDAsa Inc.

217 Portrush Rd  
Maylands 5069



**Eating Disorders Association  
of South Australia Inc.**



## About Us

EDASA IS A MEMBERSHIP BASED ORGANISATION WITH TWO MAIN AIMS....

- ✿ To support people directly or indirectly affected by anorexia, bulimia and other related eating disorders.
- ✿ To reduce the incidence and severity of disordered eating in our community, particularly among young people.



EDASA WORKS TOWARDS THESE AIMS BY.....


- ☆ Providing information
- ☆ Offering support
- ☆ Increasing and understanding skills at the primary health care level
- ☆ Advocating for better service
- ☆ Promoting a healthy approach to body image and identity issues

## Our Services

EDASA HAS AN EXPERIENCED TEAM OF PAID AND VOLUNTEER WORKERS WHO PROVIDE INFORMATION ABOUT....

- ☆ Services and resources
- ☆ Treatment and referral options
- ☆ Eating disorder issues
- ☆ Research and new program initiatives
- ☆ Contact us by telephone, check out our website, or come to the office to explore our extensive printed and audio resources.

SUPPORT FOR PEOPLE WITH EATING DISORDERS AND FOR RELATIVES AND FRIENDS THROUGH...

- ☆ Support groups 
- ☆ One on one support (by appointment or telephone)
- ☆ Opportunities for involvement in EDAsa's activities as a volunteer

REFER TO OUR SEPARATE SUPPORT GROUP BROCHURE FOR INFORMATION ABOUT CURRENT GROUPS.

## Community Education

### TRAINING

- ☆ For health and welfare workers in the Medical Education Program.

### WORKSHOPS

- ☆ Training workshops designed and focussed around specific needs and interests.

### HEALTH PROMOTION

- ☆ Challenging stereotypes promoted by the media, diet and fitness industries
- ☆ Input into secondary and tertiary health curriculum

### ADVOCACY

- ☆ EDAsa actively works towards improving services
- ☆ Ensuring consumer input into planning and policy development
- ☆ Promoting better service coordination
- ☆ Individual client advocacy
- ☆ Fundraising

