



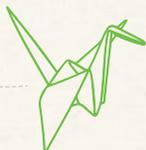
Get Involved

EDQ is a statewide not-for-profit organisation funded by Queensland Health to provide the largest community support in Queensland for individuals and families living with and recovering from eating disorders, their carers and key supports.

Eating Disorders Queensland supports a *vibrant community* of individuals recovering from an eating disorder, including people with a lived experience, carers and key supports.



Our Vision Statement:
A world free from eating disorders.



Our Values:



Nurture: Creating an inclusive, connected community that inspires hope and compassion.



Empower: Fostering a safe environment where people have the power to lead recovery.



Integrity: Working with deep respect, embracing honesty, trust and empathy.



Innovate: Creating together to provide high-quality responsive programs, services and initiatives.



Collaborate: Valuing diversity through sharing learning among people with eating disorders, carers and sector partners.

Volunteer

Volunteers support our valuable work and goals helping with cooking meals, administration and events. Please fill in an EOI on our website to join our volunteer team.

Financial Member

Financial members are emailed our news and events, and are able to borrow from our resource library.

Donate

All donations directly support EDQ to deliver services to individuals, carers and families. Donations can be one-off or monthly and tax receipts are automatically sent. See our website for details.

Mailing List

Sign up to our mailing list to receive updates on our upcoming programs and events, as well as a quarterly newsletter that provides information on our service and on other useful topics.



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Queensland
Government

*To facilitate hope and recovery for
all people affected by Eating Disorders.*

HOPE · RESILIENCE · RECOVERY

Our Services

All services are available statewide unless otherwise indicated.



Information

An extensive library of Information on eating disorders and mental health topics, including assistance finding appropriate services, is available for individuals, carers, and key supports.

Individual Therapeutic Services

Each 60-minute session is funded either through Queensland Health, Medicare or NDIS. Contact EDQ's Care Navigator to explore the best funding options for you. Sessions can be held face-to-face (Brisbane only), by phone, or by telehealth.

Trauma Informed Yoga Practice

This six-week group recognises that many people have experienced trauma at some level and establishes a safe and empowering space for participants to connect with their own body.

Mentor Program

This program supports people who are recovering from eating issues by partnering mentees with mentors who have recovered from an eating disorder.

Community Table

Community Table is a meal support group for those who are recovering from an eating disorder. The group provides a safe and structured environment where participants can work through the challenges associated with eating, while learning skills to enhance recovery.

Peer Support Group

The Peer Support Group aims to provide those in recovery with an opportunity to connect with other peers who have shared similar experiences. It is a safe and welcoming environment, open to all stages of recovery and all eating disorder types. This group is available both online and in person (Brisbane).

Recovery Warriors

Recovery Warriors is a psycho-education group that introduces participants to therapeutic and support interventions as a prelude to EDQ's more structured recovery programs, and provides ongoing recovery skills and reminders to help 'scaffold' their recovery pathway.

Wise Choices

This structured psycho-education program is based on Acceptance Commitment Therapy and individual values. It helps participants develop strategies to manage difficult thoughts and feelings.

Group Therapy

Facilitated by experienced practitioners, EDQ's therapeutic recovery group allows participants living with an eating disorder to explore shared themes related to eating disorders, reduce isolation and shame, and build relationships with peers.

Carer Peer Mentor Program

This program connects and matches individuals who are currently supporting a loved one through their eating disorder recovery, with a carer who has been through this journey and would now like to connect, support and provide hope for other carers.

Carer Connect

This is an open group aimed at connection and sharing lived experience of supporting loved ones through their recovery. The group covers different themes/topics each month with information and education provided, including guest speakers.

Carer/Key Supports Coaching

Carer/Key Supports Coaching aims to collaboratively identify the key challenges experienced whilst supporting loved ones with their eating disorder recovery, and provides practical skills, strategies and action plans. Each session is held face-to-face (Brisbane only), by phone, or by telehealth. More than one session can be scheduled.

Skills Based Workshop for Carers (Fostering Recovery)

Based on the work of Professor Janet Treasure, this workshop assists carers and key support people to increase their understanding of eating disorders and provides practical skills and strategies including meal support strategies, communication skills, and understanding carer responses, to support their loved one through recovery.



Family Coaching

Family coaching provides an opportunity for a carer and their loved one to collaboratively discuss practical strategies and action plans to enhance the individual's recovery. This service is available for carers and individuals who are both receiving support from EDQ.

Shared Table

The Shared Table is a self-paced, online training program to assist carers/key supports in gaining knowledge and skills to improve confidence around meal support.

Events

Events are hosted at various times throughout the year, and typically involve informal activities that aim to connect the community, reduce isolation and increase awareness of eating disorders.

Community Education

Body image and eating disorder workshops are held across schools, universities and in the community to raise awareness, increase prevention and improve treatment responses.

Lived Experience Recovery Program

Speakers from a diverse range of lived experiences attend venues across Queensland to share their recovery from an eating disorder. All speakers have been in stable recovery for more than two years and attend several training sessions.

