

thebutterflyfoundation.org.au

Butterfly Foundation

**Support for
eating disorders
and body image
issues.**



Butterfly

Foundation for Eating Disorders

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Eating disorders and body image concerns are serious and complex issues highly prevalent in today's society. In an environment where so much focus is on body shape and size, we are seeing an increase in high risk behaviours in people, and increased rates of eating disorders. Approximately a million Australians experience an eating disorder, often with little support within the community to adequately address this.

About Butterfly

Butterfly Foundation was founded by Claire Vickery in 2002, who became acutely aware of the lack of resources available after her two daughters suffered from anorexia nervosa and found it very difficult to find help. Since then, Butterfly has established the National Helpline 1800 ED HOPE, programs for schools and teachers on body image, an Intensive Outpatient Program (IOP) for adults and youth, Butterfly Research Institute (BRI), and community recovery and support services.

Our mission is to raise awareness about the reality of eating disorders and to support anyone affected by eating disorders and negative body image. We strive to be a catalyst for change and to value people for who they are, rather than what they look like.

We represent all people affected by eating disorders and negative body image – a person with the illness, their family and their friends.



Our National Helpline 1800 ED HOPE

Butterfly's National Eating Disorders Helpline 1800 ED HOPE provides support over the phone, via email and online. Our Helpline is staffed by trained counsellors, experienced in assisting with eating disorders and body image concerns.

Call 1800 33 4673 (1800 ED HOPE), and access Butterfly's online counselling from our website.

Email support@thebutterflyfoundation.org.au

Our Prevention and Education Services

Butterfly Education (BE) works across communities to deliver evidence-based, prevention-focused sessions, addressing the risk and protective factors that underpin the development of eating disorders, for teachers, students and parents. Our focus on self-esteem, resilience, peer-support and digital literacy is of benefit to the wellbeing of all students. Through our programs, Butterfly is building resilient communities and safeguarding the lives of so many.

Email support@thebutterflyfoundation.org.au



Our Recovery, Support and Treatment Services

Butterfly offers monthly support groups and six week recovery programs for those experiencing or caring for someone with an eating disorder. We offer an Intensive Outpatient Program (IOP), which is a unique and specialised program to improve motivation and action towards recovery.

Email support@thebutterflyfoundation.org.au

Our Research Institute

Butterfly Research Institute (BRI) commissions academic research projects and funds PhD research scholarships, to expand research in areas of prevention and early intervention.

Our Collaboration – The NEDC

Butterfly is committed to collaboration across the sector, and coordinates the National Eating Disorders Collaboration (NEDC). The NEDC website brings expertise, experience and evidence from leaders in the field together in one place. The primary purpose is to make eating disorders information accessible for everyone. **Visit nedc.com.au**



Our Awareness and Fundraising

Butterfly engages in awareness and fundraising activity throughout the year. It is all about coming together as a community enabling us to continue to provide support across Australia. Butterfly acknowledges the generosity of people and organisations partnering with us to enable the running of vital programs and services such as our National Helpline 1800 ED HOPE and school programs.

You can help us today by:

- Making a donation to one of our services such as the National Helpline 1800 ED HOPE, support groups, workshops for school children or the IOP.
- Becoming a corporate partner with Butterfly to support one of our special programs, and contribute to positive change for those with an eating disorder.
- Becoming a Butterfly community champion and choosing a creative way to raise money within your network of people.

For more information about fundraising for Butterfly, please contact us on **info@thebutterflyfoundation.org.au**



thebutterflyfoundation.org.au

General Enquiries

Butterfly Foundation

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Butterfly National Helpline

1800 33 4673 – 1800 ED HOPE

support@thebutterflyfoundation.org.au



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