Butterfly Foundation for eating disorders announces their new ambassador Mia Findlay

Thursday 5th April – Today, Butterfly Foundation is excited to announce and introduce their new ambassador, Mia Findlay.

Mia came to Butterfly due to her own lived experience, her strong desire to share her story with the community, and her passion to address the current misconceptions and stigma so often around eating disorders.

Mia struggled for a number of years with an eating disorder and like so many, found it difficult to access appropriate treatment and community care. Upon recovery, Mia became passionate about sharing her story in the hope this could help others overcome their own eating disorder. She has developed a project of producing personal content and video reflections placed on YouTube, documenting her experience and motivation for recovery. This channel What Mia Did Next, has gained support and interested from people all over the world.

Mia was nominated in 2017 for the Pride of Australia award and appeared on The Today Show on Channel 9 speaking about her eating disorder and the work she is doing in the community to overcome stigma and break down misconceptions.

We are delighted to have joined forces with Mia and look forward to working together.

Visit Butterfly’s website to get to know Mia.

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Anyone needing support with eating disorders or body image issues is encouraged to contact Butterfly’s National Helpline 1800 ED HOPE on 1800 33 4673 or support@thebutterflyfoundation.org.au

For urgent support call Lifeline 13 11 14

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