



Media Release

1 September 2009

Eating Disorders Victoria releases DVD to support carers of a loved one with an eating disorder

In a first for Australia, Eating Disorders Victoria (EDV), Victoria's foremost eating disorders charity, is releasing a DVD of families' stories of living with someone with an eating disorder.

The DVD, titled *Families and Eating Disorders*, has been produced in conjunction with RealTime Health as part of RealTime Health's 'Speaking From Experience' series of DVDs, and is designed to inform and educate people living with someone diagnosed with an eating disorder.

Eating Disorders Victoria has developed the DVD, featuring carers of people with an eating disorder, to give other carers a unique insight into the challenges families have faced, the impact on their lives, and the strategies they have used to cope with the impact.

According to EDV's Family Support Officer Helen Franks, 'The impact of an eating disorder does not stop with the person directly affected; close friends and family members often find themselves devastated by the discovery of an eating disorder in the family, and are overwhelmed by the complex mixture of emotions and uncertainty that arises, leaving them feeling confused, guilty, ashamed, isolated and starved of hope'.

'Caring for a loved one with an eating disorder can be all-consuming for the family, often with one parent or a partner having to give up work to care almost full-time for the person with the eating disorder,' said Ms Franks.

'This DVD will give families an insight into how other families have coped with this experience. The carers in the DVD have also shared their experience of recovery from an eating disorder which conveys a message of hope to other carers that recovery is possible,' said Ms Franks.

The DVD participants include mothers, fathers and siblings of people suffering from an eating disorder, and cover a wide range of experiences such as recognising the signs, coping with a diagnosis, the impact on relationships, the recovery journey and life after recovering from an eating disorder.

'Families and Eating Disorders' will be launched by Eating Disorders Victoria at Richmond Town Hall on Thursday 3 September at 5.30pm, to coincide with Body Image and Eating Disorders Awareness Week. Copies of the DVD are available for purchase by contacting Eating Disorders Victoria on 1300 550 236 or online at www.eatingdisorders.org.au.

DVD Media Launch

Thursday 3 September, 2009, 5.30pm (for 5.40pm start) – 6.15pm

Richmond Town Hall
333 Bridge Rd, Richmond

For further information:

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About Eating Disorders Victoria

Eating Disorders Victoria is Victoria's foremost eating disorders charity and the primary source of support, information, community education and advocacy for people with eating disorders and their families in Victoria.

Support services are free and confidential and include the **Eating Disorders Helpline 1300 550 236**, online Chat Room and Message Board, confidential support groups and education programs.