



“It gets easier when you talk about it”

# EATING OR BODY CONCERNS? *Talking helps*

Anyone, of any age, gender, culture or background can experience eating or body image concerns. That's why our confidential, free and qualified support team are here from 8am to midnight AEST, seven days a week, ready to talk. Whether you're concerned for

yourself or for someone else, talking helps. For information, a referral to someone in your local area, or just to talk:

**Webchat:** [www.butterfly.org.au/chat](http://www.butterfly.org.au/chat)

**Phone:** 1800 33 4673 (1800 ED HOPE)

**Email:** [support@butterfly.org.au](mailto:support@butterfly.org.au)



[www.butterfly.org.au](http://www.butterfly.org.au)