



## Food in Mind

The Food in Mind program supports people who are experiencing mild to moderate symptoms of disordered eating.

People who take part in this program will be supported by a care team made up of medical, mental health and nutrition professionals and will undertake assessments with a mental health clinician and dietitian.

Family, carers and support people will be included in these sessions where indicated and are recognised as core members of the care team.

Freecall: 1800 657 573  
[gatewayhealth.org.au](http://gatewayhealth.org.au)  
[AH.Intake@gatewayhealth.org.au](mailto:AH.Intake@gatewayhealth.org.au)

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## Eligibility



A person is eligible for the Food in Mind Program if they:

- Have mild to moderate symptoms of an eating disorder (as determined by their Doctor or treating professional);
- Regularly engage with their Doctor as part of their care team; and,
- Can commit to attending all appointments and can involve their support network where possible.

If the Food in Mind program does not meet someone's needs, we will help them access the right services.

Individual support is provided to people and may include individual therapy or a program of guided self-help. The type of support, frequency and duration of sessions under the program will be dependant on a person's needs.

For more information or if you or someone you know is experiencing challenges with their body image or relationship with food, there are resources that can help.

- Butterfly - [butterfly.org.au](http://butterfly.org.au)
- Eating Disorders Victoria - [eatingdisorders.org.au/](http://eatingdisorders.org.au/)
- Reach Out and Recover - [reachoutandrecover.com.au/](http://reachoutandrecover.com.au/)
- Feed Your Instinct - [feedyourinstinct.com.au/](http://feedyourinstinct.com.au/)

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