



What is a Wellbeing Connector?

A Wellbeing Connector is a local health worker who knows how the health services in your area work and how to get the help you need. They understand how our relationship with our body and food can impact our wellbeing. Their job is to connect and listen, to help work out next steps and support options so that people at risk of or experiencing eating disorders get the care they need as close to home as possible.

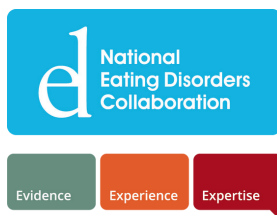
What is the Right Care Right Place Project?

The Right Care Right Place: eating disorder care in my community project aims to bring a local response to improve access and coordination of eating disorder care in South Western Queensland.

The National Eating Disorders Collaboration and Western Queensland PHN, who have funded Vital Health, are working together to deliver the project, with funding from the Australian Government Department of Health and Aged Care.

Connecting communities to disordered eating and eating disorder care and support in

- Roma
- Charleville
- Cunnamulla
- St George






This service is funded by



Are you worried about your body or how you eat?



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Food Body Mind

Lots of things affect how we think and feel about food, our body, and our health. Sometimes these things cause worry or shame. This doesn't support our wellbeing.

These can include:

- Stress
- Social media
- Cultural pressures
- Family factors
- Past experiences

Food and Body Worries

For some people, food and body worries start to get in the way of how they eat. This can be called 'disordered eating.' It might include:

- Skipping meals
- Eating very little
- Eating too much or binge eating
- Dieting
- Worrying about weight or body shape
- Having strict rules about food
- Feeling guilty or ashamed about eating or eating habits

If you feel like food and eating are making you stressed, worried or feeling out of control, you might have disordered eating or an eating disorder. This can happen to anyone from any background, age, gender or body size. If it's happening for you, it's not your fault. You are not alone.



It's okay to ask for help!

Lots of people feel body shame, food shame, or have disordered eating or an eating disorder. But you might not know because they might not talk about it. It's something a lot of people go through, but it doesn't have to be this way. Talking to someone you trust or reaching out to a Wellbeing Connector can be a good first step.

Getting help as early as you can is the best way to get better. It is possible to have a good relationship with food and feel strong and safe in your body.

