

SUPPORTING STUDENTS EXPERIENCING AN EATING DISORDER

Empowering schools to support recovery

School staff can find it challenging to know what to do to support a student experiencing an eating disorder and what they can do for their wider school community (staff and students). However, schools can play an incredibly important role in the recovery of a student, particularly when they are returning from inpatient care or engaged in intensive outpatient treatment.

As the needs of each student may differ below is some helpful information to help guide your key staff. Should you require further support in relation to a student please contact the **Butterfly National Helpline**.

ESTABLISH A TEAM

Establish the support team to determine the needs of the student in the school environment; key staff (Wellbeing, School Counsellor &/or year level co-ordinator, Principal), parents, key person involved in treatment (will vary with each case) and if age-appropriate, the student.

BE INFORMED

Understand Eating Disorders; relevant staff need an appropriate understanding of the eating disorder the student is experiencing and its effect. The student's treatment team can inform on this and for broader understating about eating disorders please visit the *National Eating Disorder Collaboration* www.nedc.com.au

DOWNLOAD GUIDELINES

Refer to evidence based guidelines about supporting student's experiencing eating disorders in the school environment

Eating Disorders in Schools: Prevention, Early Identification and Response (NEDC) <http://www.nedc.com.au/files/Resources/Teachers%20Resource.pdf> (pg 34-39)

Eating Disorder Resource for Schools; (CEED/EDV)

<https://www.kidsmatter.edu.au/sites/default/files/public/EatingDisorderResourceSchools.pdf> pg. 57-60

WHOLE SCHOOL APPROACH

Adopt a whole of school approach; prevention and early identification

Butterfly Education can support your school community; students (Yr3-12), staff and parents with prevention and early intervention, evidence based workshops.

For further information please contact Helen Bird
education@thebutterflyfoundation.org.au T: 02 8456 3908

BUTTERFLY SUPPORT SERVICES

For further support and guidance around supporting a student

The Butterfly National Helpline (ED HOPE)

T: 1800 33 4673 E: support@thebutterflyfoundation.org.au
FREE and confidential support, 8am-9pm, Mon-Fri

