This Body Image and Eating Disorders Awareness Week, reduce the impact that diet culture has on your life and celebrate all bodies as good bodies.

If you’re concerned about yourself or a loved one who may be experiencing an eating disorder or body dissatisfaction, call The Butterfly National Helpline 1800 33 4673, via webchat or email support@butterfly.org.au | 7 days a week, 8am-midnight. In a crisis? Call Lifeline 13 11 14 or 000 in an emergency.