

SPOT YOUR MATE



**1 in 3 people living
with an eating
disorder in Australia
are men and boys.**

**Men are 4 times
more likely to go
undiagnosed.**

Talking Helps.

For support with eating disorders or body image concerns,
call Butterfly National Helpline on **1800 ED HOPE** (1800 33 4673)
7 days a week, 8am-midnight (AEST/AEDT).

Or visit www.butterfly.org.au to chat online or email,
or access more information.

