

## National Helpline for Eating Disorders and Body Image Issues

Mental Health Awareness Month, held in October each year, gives us an opportunity to raise awareness about mental health and wellbeing.

Eating disorders are serious mental illnesses that have the highest mortality rate of any psychiatric illness. Many people experiencing an eating disorder suffer from depression and/or anxiety.

Left unaddressed, the medical, psychological and social consequences can be serious and long term. Once entrenched, eating disorders can impact on every aspect of an individual's life and for many, can be life-threatening. Suicide rates for anorexia are 32 times higher than the general population.

Mandated by the Federal Department of Health, The Butterfly Foundation's National Helpline offers free support for anyone in Australia concerned by an eating disorder or body image issue – for people experiencing, their family, friends and health care professionals.

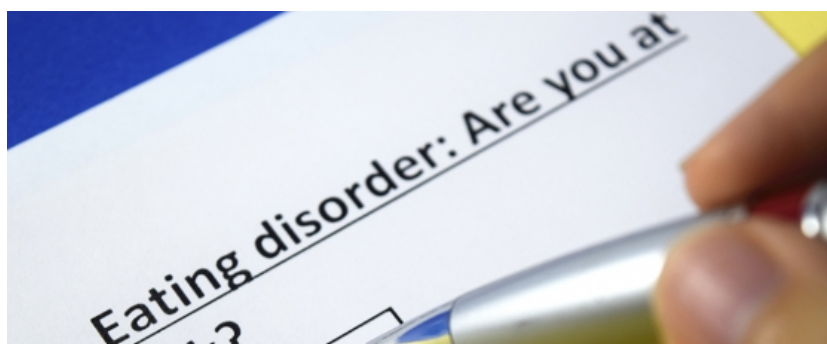
Eating disorders are estimated to affect approximately 9% of the Australian population and the rate is increasing. 15% of women will experience an eating disorder in their lifetime. 25% of people with an eating disorder in Australia are male. Males are also 50% of those experiencing Binge Eating Disorder. You can find out more at the [butterflyfoundation.org.au/understand-eating-disorders](http://butterflyfoundation.org.au/understand-eating-disorders)

As a complex mental illness, eating disorders require comprehensive and effective treatment from specialists. The specialist counsellors at the National Helpline can provide:

Information Referrals Brief counselling Waitlist counselling. The Butterfly Foundation's National Helpline is open 8:00am-midnight AEST, seven days a week on 1800 33 4673 (1800 ED HOPE), webchat or email.

An Eating Disorders in Adults pathway is also available on the HealthPathways portal using the following login details:

Username: health Password: w3stern



## Events

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### Webinar: My Health Record – Providing Care in the Community

Wednesday 30th October 2019

2:00pm - 3:00pm

### Fullbright Scholar on Cross-Cultural Communication

Wednesday 6th November 2019

11:00am - 12:00pm

### Aboriginal Cultural Awareness Training

Tuesday 5th November 2019

6:00pm - 9:30pm

### Diabetes is Changing Fast

Saturday 9th November 2019

8:00am - 4:30pm

## Other News

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### Walk helps reshape the “Great West” waistline

The Great West Walk is a new 65km walking route that extends from the Parramatta River to the Blue Mountains. The continuous track opens up new areas of western Sydney for locals to explore on foot and offers an ideal opportunity for people to start taking steps towards a healthier future. More information on the route, visit [greatwestwalk.com.au](http://greatwestwalk.com.au) or read the full story on The Pulse website.

### StepUp for Dementia Research

StepUp for Dementia Research is an online, postal and telephone service that connects people interested in dementia research with researchers conducting studies into dementia prevention, diagnosis, treatment, care and cure. It is free and anyone aged 18 and over, both with and without dementia, can register their interest. Volunteers will be matched to any studies they may be eligible for, based on characteristics. Visit [stepupfordementiaresearch.org.au](http://stepupfordementiaresearch.org.au) or call 1800 7837 123 to sign up.

### BreastScreen NSW Dates

Western Sydney breast screen clinics can be found in the following locations:

☒ North Rocks Shopping Centre - October 2019 ☒ ☒ Lidcombe Shopping Centre - November 2019 ☒ ☒ BCI Sunflower Clinics at MYER in Blacktown, Parramatta or Castle Hill ☒ ☒ BCI Sunflower Clinic at Mount Druitt Hospital

## GP Association Meetings

The following GP Association Meetings are coming up in Western Sydney:

Blacktown: Management of Incidental Pulmonary and Thyroid Nodules, Wednesday 20th November.

Hills: Respiratory and Sleep Medicine Q&A Session, Tuesday 28th November.

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Level 1, 85 Flushcombe Rd, Blacktown NSW 2148

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