

# Sharing and Connecting with the Voice of Lived Experience

Across Australia and New Zealand, non-government community-based organisations incorporate the voice of lived experience in their services. In the last year, NGOs have supported 1000s of individuals, families, professionals and organisations by providing hope that recovery from an eating disorder is possible.

*"I really came to feel like if I wanted someone to talk to or be heard, she was there. It really helped me on reflection that we had similar eating issues as the behaviour itself was something I hadn't really talked about before, it was a huge part of un-demonising my behaviour. I was also able to be very open with someone and build a friendship, and knowing she understood and that it was ok to lean on her when I needed to and that she wanted me to was wonderful."*

The Eating Issues Centre Peer Mentoring program



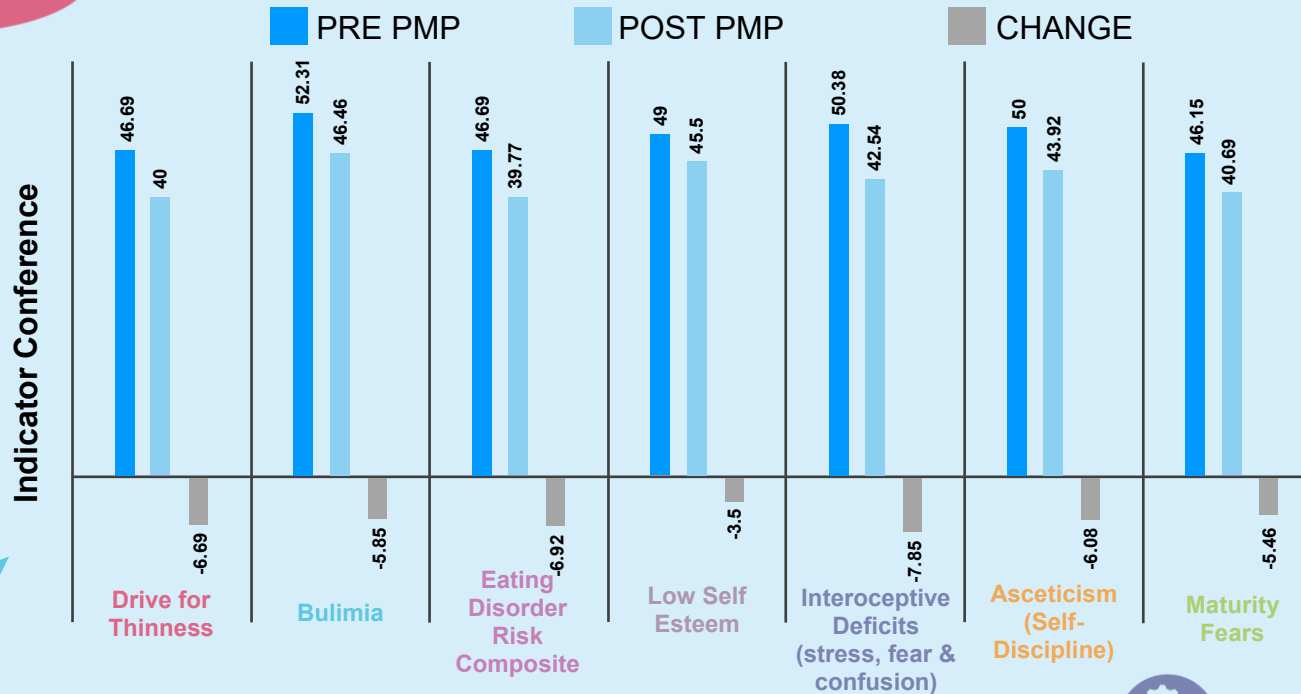
*"Listening to other parents stories gave me hope and made me feel less alone...that it can happen to any family"*

Eating Disorders Association Support Group

*"This has allowed me to create another support to add to my 'tool-kit' and helped me to connect with someone who 'gets it.'"*

The Eating Issues Centre Peer Mentor Program

## Changes of Eating Disorder Symptoms Post Peer Mentor Program (EDI—Inventory Scale)



## Eating Disorder Risk



*"My mentor helped me to be in public and is helping me to trust people again – she is helping me to experience what it is like for someone to know I have an eating issue and treat me as a normal person."*

The Eating Issues Centre Peer Mentoring program

*"The main thing I gained out of the mentor program was the chance to practice reaching out for help and support when I needed it. I was then able to transfer this learning to my own family."*

The Eating Issues Centre Peer Mentoring program

*".....I feel so blessed to have been a part of such an amazing community of women! I could begin to see the change within myself from a shy, anxiety consumed blob into a young woman beginning to see her potential, her reality and who she is meant to be. I left feeling confident within myself and thought 'Hey! I'm starting to like this chick in my skin; she's not too bad after all'."*

The Eating Issues Centre Peer Mentoring program

*"The mentor program has been a huge support to me as I work towards and through the recovery process. Someone who has been able to recover and make a healthier life for themselves is motivating and breeds the most tremendous hope."*

The Eating Issues Centre Peer Mentoring program