

What is the EDV Peer Mentoring Program?

The program supports adults with an eating disorder to consolidate and sustain steps towards recovery. The program provides one-on-one mentoring with an EDV Peer Mentor who has recovered from an eating disorder.

Peer Mentoring can be defined as peer support that is provided by people with lived experience of an eating disorder.

Peer support is a mutually beneficial relationship, where the Peer Mentor and participant learn and grow through their shared experiences.

How can the program help?

The program aims to provide complimentary support alongside clinical treatment to help individuals sustain better recovery outcomes.

The Peer Mentor supports the participant by working together to develop a recovery focused Mentoring Journal and undertake regular activities designed to work towards achieving their self-identified goals.

How does the program work?

Peer mentors and participants are expected to have fortnightly sessions over an approximate 6-month period. Upon completion of the program, participants are invited to join the Peer Mentoring Program Alumni Group (APG). Monthly Alumni sessions are designed to be complementary to clinical treatment, and involve practical self-care and recovery focused activities.

Where does the program operate?

Peer Mentoring sessions can take place face to face out in the community, through an online platform such as zoom or facetime, or via phone call.

Meeting up in person with your mentor can be out in the community or at the EDV office. Examples of a peer mentoring session can include cooking together onsite at EDV's kitchen space, completing arts and crafts activities, and sharing a meal together. Mentors and participants are not able to meet in each others houses, or travel together in a private vehicle.

Eligibility

- An adult (18 years+) with an eating disorder
- Ability to meet fortnightly with a Peer Mentor
- A treatment team in place consisting of a GP and a Mental Health Practitioner and a personal support (eg. a close friend or family member)
- The participant must consent for information to be shared between EDV and relevant supports. Throughout the program, participants will be given questionnaires to complete and asked to provide feedback on the program.

Get involved

Register via EDV's website:

www.eatingdisorders.org.au/find-support/peer-mentoring-program

For enquiries regarding the program, please email peermentoringprogram@eatingdisorders.org.au