



your journey, your story

Have you ever felt ashamed about sharing your body image or eating concerns?

Do you feel like you have an eating disorder but don't fit into a certain category?

Have you ever tried to seek help for food, weight or shape concerns but never felt understood?

Researchers at InsideOut Institute are calling on volunteers to be the voice of change by filling the gaps and silences in health care that you experience.

Uniquely designed by lived experience, clinical and digital experts, the livED study explores the individual journey.

If you have concerns about food, weight or shape, we invite you to share your story.

You can choose how, when, how often and with as much detail as you like with options to:

- Write a diary
- Plot your timeline
- Record your story
- Share an image
- Answer questions
- Tag to themes

If you are aged 16 years or older, learn more about this Australian-first study by visiting lived.org.au or using the QR code below:

lived.org.au



If at any time you feel distressed, call the Butterfly Foundation on 1800 33 4673 to get support from an eating disorder specialist,

Mental Health Access Line for NSW at 1800 011 511

QLife 1800 184 527

or LifeLine at 13 11 14 for crisis support.

