



EATING DISORDER SERVICES

Inspiring freedom from an eating disorder through shared experience and clinical support.

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LUMA FOR HER HEALTH
AND WELLBEING

OUR BODY ESTEEM PROGRAM (BEP) IS WESTERN AUSTRALIA'S ONLY COMMUNITY-BASED EATING DISORDER SERVICE WITH A FOCUS ON PEER SUPPORT.

We offer a safe space for individuals impacted by eating disorders to make informed decisions about their health and wellbeing, and provide hope that recovery is possible.

OUR PEER SUPPORT PROGRAMS

Our programs are facilitated by people who have lived experience of an eating disorder and subsequent recovery, or who have supported someone through an eating disorder. They share their knowledge, and experience where appropriate, to enhance understanding. Our model of care is based on self-help, which means participants set their own goals, take personal responsibility for learning and make changes at their own pace.

Anorexia/Bulimia Nervosa and Binge Eating Disorder Group: A 20-week program for people aged 18yrs+ experiencing Anorexia Nervosa, Bulimia Nervosa or Binge Eating Disorder, to develop a healthier sense of self and challenge their relationship with food and their body.

Youth program: Run weekly during the school term for youth aged 16-20 years, who're experiencing Anorexia Nervosa, Bulimia Nervosa, Binge Eating disorder, or Other Specified Feeding or Eating Disorders.

Online Program: A 12-week guided program for people aged 16yrs+ with supplementary peer support sessions and the option to connect with others through a monthly online forum. This service is designed for those with barriers to attending in-person programs.

Supporters and Carers: If you are 16yrs+ and a family member, friend or carer of someone experiencing an eating disorder, it's important for you to feel supported and well-resourced. We offer four options for supporters:

- Parent/Partner Education & Support Program: A one-day workshop with information sharing and lived experienced stories to assist in supporting someone into recovery.

- Youth Carers/Support Program: A weekly group run in the school term for parents or carers who are supporting someone aged 20 and under. Sessions are held in person and online.
- Monthly Coffee Meetings: A monthly, drop-in group for support people to connect with others either in person or via online.
- Individual Sessions: For those who could benefit from lived experience support with a carer peer.

OUR CLINICAL SERVICES

We offer free appointments to anyone in WA, aged 14yrs+ who can benefit from clinical support for their eating disorder. These can be in person at Luma, or via telehealth.

Accredited Practicing Dietitian for nutritional support from our Butterfly approved practitioner, using a size-inclusive model.

Art Therapist for creative, therapeutic exploration into the eating disorder and associated experiences, available individually and in group settings.

Nurse Practitioner for screening, assessments, and medical monitoring.

'Having the support of someone who has experienced an eating disorder themselves is invaluable.'

'I previously felt isolated and alone in my experiences, now there is a group of people I can relate to.'

'I've left this group feeling excited to grow and flourish.'

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