

# Body Esteem Youth Program (BE-YP)

**FOR PEOPLE AGED 16-20YRS, OF ALL GENDERS,  
EXPERIENCING AN EATING DISORDER**

A weekly, self-help group facilitated by people with a lived experience and subsequent recovery from an eating disorder

- For people experiencing Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or Other Specified Feeding or Eating Disorder
- Includes program activities and take-home tasks
- Explores ambivalence around recovery while developing hope and motivation to consider change
- Builds a positive sense of self, separate from the eating disorder
- Fosters connection to reduce isolation and shame
- Service available for Support people through the adjacent Youth Carer Program
- Free service



To apply or find out more information, contact us on 63305400 or email [BEP@luma.org.au](mailto:BEP@luma.org.au)

## Youth Program

Monday evenings

5:00pm — 7:00pm

[luma.org.au](http://luma.org.au)

227 Newcastle Street,  
Northbridge WA

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Email: [BEP@luma.org.au](mailto:BEP@luma.org.au)

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AND WELLBEING