

Dear (addressee),

[delete coloured paragraphs below as applicable]

As you may be aware, (child's name) is currently suffering from Anorexia Nervosa. (Parent's name) and I are thankful for the kindness and support that you have provided to our family during this particularly challenging time. As the prevalence of Anorexia Nervosa in the Australian population is less than 1%, this illness is thankfully not something that many families will experience. However, this does make it challenging for those who do as few people in the general population understand the disorder.

As you may be aware, (child's name) is currently suffering from Bulimia Nervosa. (Parent's name) and I are thankful for the kindness and support that you have provided to our family during this particularly challenging time. As the prevalence of Bulimia Nervosa in the Australian population is less than 1%, this illness is thankfully not something that many families will experience. However, this does make it challenging for those who do as few people in the general population understand the disorder.

As you may be aware, (child's name) is currently suffering from Binge Eating Disorder. (Parent's name) and I are thankful for the kindness and support that you have provided to our family during this particularly challenging time. As the prevalence of Binge Eating Disorder is approximately 6% in the Australian population and has only recently been recognised as a mental illness, it is still commonly under-recognised by health professionals and misunderstood by the general population. This makes it particularly challenging for those who are experiencing the disorder.

BodyMatters Australasia and the SupportWise program provide helpful information for family and friends about what (child's name) is experiencing and what is needed for him/her to recover. If this is something that you are interested in learning more about, you can access the link [here](#).

Other websites that we have found helpful include:

- [The Butterfly Foundation](#)
- [The InsideOut Institute](#)
- [Eating Disorders Victoria](#)
- [Eating Disorders Families Australia](#)
- [Families Empowered And Supporting Treatment for Eating Disorders \(F.E.A.S.T\)](#)
- [National Eating Disorders Collaboration](#)

Please do not hesitate to contact us with any questions that you may have about information included in this email.

Warm regards,
(parents names)