

# Media Release

The Hon Jacinta Allan MP  
Premier



Sunday, 6 October 2024

## SUPPORTING VICTORIANS LIVING WITH EATING DISORDERS

The Allan Labor Government is making sure Victorians with an eating disorder get the care and support they need to live a full and healthy life.

Premier Jacinta Allan and Minister for Mental Health Ingrid Stitt today launched the *Victorian Eating Disorders Strategy 2024-2031* – developed to help address the rise of eating disorders across the state.

This Strategy is more important than ever – eating disorders have been on the rise for more than a decade, with the global pandemic and social media both contributing to a significant rise in new eating disorders and relapses.

Shaped by those with lived experience and their loved ones, the Strategy will guide the Government's work to support Victorians in three key areas – prevention and early intervention, accessible evidence-based treatment, and wellbeing and recovery support.

More than 250 people including those with or at risk of eating disorders, health services, clinical experts and advocacy groups provided valuable insights through roundtables and written submissions.

Importantly, the Strategy lays a foundation for better community-based treatments – meaning people can access treatment closer to home, their families and support networks.

It also recognises that people with eating disorders experience higher rates of co-occurring mental health problems and may need a range of different services throughout treatment and recovery.

In line with the Strategy, the Labor Government has also announced the location of new tailored services as part of a significant \$31 million investment, delivered in the *Victorian Budget 2024/25*.

This investment will make sure more Victorians can get the care they need close to home with a new day program to be established at Barwon Health – the first of its kind in regional Victoria.

It will also deliver new in-home intensive early engagement and treatment programs at Alfred Health and Austin Health in addition to the ongoing treatment, care, and support delivered by Melbourne Health, Austin Health, and Monash Health.

The funding also includes \$6.4 million to deliver 10 dedicated early intervention professionals through Area Mental Health and Wellbeing Services, who will support Victorians in their recovery.

This work will be delivered across five metropolitan services (Eastern Health, Melbourne Health, Monash Health, Royal Children's Hospital, and Western Health) and five regional services (Albury Wodonga Health, Bendigo Health, Grampians Health, La Trobe Regional Health, and Mildura Base Public Hospital).

Eating Disorders Victoria also received \$5.8 million to continue its vital services, including wellbeing checks, telehealth services and their life-changing Peer Mentoring Program.

It builds on more than \$39 million invested in the previous two budgets, including \$16.9 million to operationalise Victoria's first Public Residential Eating Disorder Treatment Centre (RED-TC) – currently under construction.

The number of eating disorder-related emergency department presentations averaged 32 per week in May 2024 up from almost 23 per week the year before.

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More information is available at [health.vic.gov.au/practice-and-service-quality/victorian-eating-disorders-strategy](https://health.vic.gov.au/practice-and-service-quality/victorian-eating-disorders-strategy).

**Quote attributable to Premier Jacinta Allan**

*“This will transform the way we deliver support – ensuring people get care in their own communities, close to their support networks and the people they love.”*

**Quote attributable to Minister for Mental Health Ingrid Stitt**

*“This important work has been shaped by people with lived and living experience of eating disorders, their families and carers, and will give them the support they need to lead a healthy, happy life.”*

**Quote attributable to Eating Disorders Victoria CEO Belinda Caldwell**

*“All eating disorders are complex and deeply painful, and there is a long way to go – but this strategy lays a strong foundation for more accessible, person-centred care. The priorities of early intervention and peer support in this strategy will be critical for real, lasting change.”*