



My Body Services

Help Lines

Lifeline (24 hour counselling)	131 114
Domestic violence counselling and advice	1800 656 463
Rape Crisis	02 9819 6565
Gay and Lesbian (ACON)	1800 063 060
NSW Quit line (Tobacco)	131 848
Sydney Sexual Health	02 9382 7440

Diet

NSW HEALTH

www.livelifewell.nsw.gov.au

To *Live Life Well* is to take positive steps to maximise your chances of living an illness free life.

MindBodyLife

www.mindbodylife.com.au

This website is presented as a source of information on ways to enhance physical wellbeing - especially for people living with a mental illness and for the people who care about them.

The Butterfly Foundation

www.thebutterflyfoundation.org.au

The Butterfly Foundation provides support for Australians who suffer from eating disorders and negative body image issues and their carers.

The Butterfly Foundation also has a counselling helpline which is confidential and supportive you can call [02 9412 4499](tel:0294124499) during business hours.

Centre for Clinical Interventions

<http://www.cci.health.wa.gov.au/resources/infopax>

This information package is designed to provide you with some information about disordered eating - how it develops, how it is maintained, and strategies to start to change the problem behaviours associated with disordered eating.

Re Balance Your Lifestyle

Sleep

Australasian Sleep Association

www.sleepaus.on.net

Sleep Disorder Australia

www.sleepoz.org.au

Exercise

www.betterhealthchannel.vic.gov.au

www.fitness.org.au

MDECC takes reasonable care in selecting linking websites. However it is the responsibility of the user to make their own decisions about the accuracy, currency, reliability and correctness of information contained in linked external websites.