

## EveryBODY is Deadly

Anybody, from any mob, can have eating or body concerns.

They can weaken your mind, body and spirit. It's not about your body size.

But reaching out to talk it out with friends, family or our free Helpline can help—we're here to listen in a safe space, and our counsellors have ongoing cultural competence training.

## #EveryBODYisDeadly #yarnaboutbodyimage



Phone Chat Email 1800 ED HOPE (1800 33 4673) www.butterfly.org.au





