

Media Release

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SUPPORT AT HOME FOR VICTORIANS WITH EATING DISORDERS

The Allan Labor Government is making sure young Victorians living with an eating disorder get the care and support they need – delivering a new home-based treatment program in partnership with Alfred Health.

The Eating Disorders Intensive at Home program offers short-term, intensive treatment for children and young people – and their families – across Melbourne’s south, providing an alternative to hospital admission or re-admission.

Delivered in partnership with Alfred Health’s Infant, Child and Youth Area Mental Health and Wellbeing Service, the program runs between two to six weeks and brings care into the home environment so young people can stay connected to their daily routines and support networks.

A multidisciplinary team – including mental health clinicians, nurses, dietitians, and peer workers with lived and living experience – work closely with families on nutritional recovery, mealtime support, and both physical and mental health care.

The program has been co-designed with people who have lived and living experience of eating disorders, ensuring that the care provided is compassionate and truly responsive to the needs of those on the recovery journey.

It offers tailored support for young people at every stage of their recovery journey – whether they’re beginning treatment, need extra support to stay on track or are transitioning home after a hospital stay.

This innovative program aligns with the *Victorian Eating Disorders Strategy 2024–2031*, which focuses on prevention, early intervention and community-based treatment options that place people with lived experience at the centre of care.

The program is part of a broader plan to expand eating disorder services across Victoria and builds on key milestones such as the opening of Victoria’s first public residential eating disorder treatment centre, Ngamai Wilam, in Armadale.

Operated by Alfred Health and funded by Allan and Albanese Labor Governments, the 12-bed centre offers 24/7 residential care in a therapeutic, home-like environment for adults living with eating disorders.

A similar program to the Eating Disorders Intensive at Home program at Alfred Health is in the early stages of commencement at Austin Health.

Quotes attributable to Minister for Mental Health Ingrid Stitt

“The addition of in-home services provides the comfort and familiarity of being at home, while making support and treatment more accessible – reducing barriers to care and giving Victorians a stronger chance at lasting recovery.”

“Eating disorders affect not only the people experiencing them, but also their families and carers – which is why this program includes dedicated support to help families play an active role in recovery.”