



## ETELÄN-SYLI ry PEER SUPPORT FOR PEOPLE SUFFERING FROM EATING DISORDERS, AND THEIR LOVED ONES

**Etelän-SYLI ry is a peer support association** operating in the Helsinki and Uusimaa areas. We are part of the national organisation the Eating Disorder Association of Finland (Syömishäiriöliitto-SYLI ry). We offer information, advice and peer support from those suffering or recovering from an eating disorder, and also to loved ones/carers.

**We at Etelän-SYLI know what an eating disorder feels like.** Many of us have experienced an eating disorder and recovered, or supported a loved one through their recovery. We've turned this experience into something positive by providing peer support to others. We believe that complete recovery from an eating disorder is possible - with small steps, taking your time, and listening to yourself.

**We offer many kinds of easily accessible support options** in Finnish, Swedish and in English too. You can email our English-speaking peer support volunteer: [pihla.aaltonen@etelansyli.fi](mailto:pihla.aaltonen@etelansyli.fi). We also organise discussion evenings for English-speakers 2-3 times a year and the next one will be in September 2016.

**You can request information** on eating disorders and treatment options from our development workers: [kaisa.lehtonen@etelansyli.fi/045 841 6853](mailto:kaisa.lehtonen@etelansyli.fi) or [uura-liina.lahti@etelansyli.fi/040 535 1626](mailto:uura-liina.lahti@etelansyli.fi).

You will find us at: Kaapelitehdas (Cable Factory), Tallberginkatu 1B, 4th floor, Helsinki. The nearest Metro stop is Ruoholahti.

**Welcome!**

[www.etelansyli.fi](http://www.etelansyli.fi)

