



# BSS Psychology Dietitian Support

Good nutrition plays an important role in energy, mood, focus, and overall wellbeing. Dietitian support is a confidential service available through your EAP that provides practical, evidence-based nutrition guidance tailored to your needs and lifestyle.

## WHAT IS DIETITIAN SUPPORT?

Dietitian Support connects you with an Accredited Practising Dietitian (APD) for personalised nutrition guidance. APDs are Australia's only regulated nutrition professionals.

## WHO CAN BENEFIT FROM DIETITIAN SUPPORT?

Individuals who:

- ▶ Feel constantly tired or low in energy
- ▶ Struggle with eating habits, emotional eating, or stress-related eating
- ▶ Experience gut issues or digestive discomfort
- ▶ Are managing weight changes or health conditions
- ▶ Want support with general or family nutrition
- ▶ Feel confused by conflicting nutrition advice

## TYPES OF SUPPORT

- ▶ Energy, fatigue, and focus support
- ▶ Gut health and digestion
- ▶ Emotional or stress-related eating
- ▶ Nutrition for mental health and wellbeing
- ▶ Managing health conditions through nutrition
- ▶ Family and general nutrition guidance

*Dietitian Support does not involve restrictive diets or meal plans, non evidence-based nutrition advice, or judgment and pressure.*

To find out more, email our team at [intake@bsspsych.com.au](mailto:intake@bsspsych.com.au) webchat at [www.bsspsych.com.au](http://www.bsspsych.com.au) or call **1800 30 30 90**

***This service supports everyday health and wellbeing.***