



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.

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

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

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 webchat at
www.bsspsych.com.au or call **1800 30 30 90**

This service supports everyday health and wellbeing.

BSS Psychology Garden Office Park, Building C, Level 3, 355 Scarborough Beach Road, Osborne Park, WA 6017

Counselling available Australia-wide

appt@bsspsych.com.au 1800 30 30 90

[or webchat www.bsspsych.com.au](http://www.bsspsych.com.au)