

Jane Rowan BA

Executive Director, Eating Disorders Families Australia (EDFA) & lived experience eating disorder carer, *BRISBANE*

Jane Rowan is the first Executive Director of Eating Disorders Families Australia (EDFA). She joined the organisation in October 2022.

A former journalist and marketing, communications and stakeholder engagement leader, Jane and her eldest daughter, Charley, have always been deliberately open about Charley's diagnosis of anorexia nervosa and the devastating effect it had on the family. Jane therefore welcomed the chance to join EDFA in order to use her own lived experience to support, educate, and advocate for all eating disorder carers.

Jane has a Bachelor of Arts (Journalism) and is a Graduate of the Australian Institute of Company Directors and Harvard Business School Online. She has previously worked for several private healthcare companies, including Addiction Sciences QLD where she established a face-to-face support group for carers of those living with substance dependency.



She also sits on the board of Upbeat Arts – a non-profit providing therapeutic, creative arts programs for those living with significant mental health challenges. She is also a member of the National Carer Strategy Advisory Committee, the e-Safety Commissioner Expert Advisory Panel, and the Lived Experience and Co-Production Advisory Group of the Australian Eating Disorders Research and Translation Centre.

Jane is an advocate for the [InsideOut Institute for Eating Disorders](https://www.insideoutinstitute.org.au) eClinic – Australia's first free, fully online, national treatment hub for eating disorders. It offers flexible, self-paced programs, including BEeT for binge eating and bulimia nervosa, SkilledED for a wider range of eating disorder symptoms, SupportedED for carers, and a Healthcare Professionals (HCP) Hub. By removing traditional barriers to care, the eClinic ensures access to vital support when they need it most, regardless of their postcode, socio-economic status, or cultural background.

To learn more about the InsideOut Institute's eClinic, head to eclinic.insideoutinstitute.org.au or email admin@insideoutinstitute.org.au.

Should you suspect you, or a loved one, may be living with an eating disorder, speak to your local healthcare practitioner without delay, or head to [insideoutinstitute.org.au](https://www.insideoutinstitute.org.au) to complete their online screener and assessment, and to access more information and professional support.

Australian patient support services offering 24/7 helpline services include:

- **Butterfly National Helpline: 1800 334 673**
- **Beyond Blue: 1300 224 636**
- **LifeLine: 13 11 14**
- **Men's Line Australia: 1300 78 99 78**
- **Kid's Help Line: 1800 55 1800**

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To coordinate an interview with Jane Rowan, please contact:

Kirsten Bruce or Sam Jacobs, VIVA! Communications:

M 0401 717 566 | 0425 446 817

T 02 9968 3741 | 1604

E kirstenbruce@vivacommunications.com.au | sam@vivacommunications.com.au