

Sarah Pollitt

Accredited Mental Health Social Worker, Clinical Family Therapist
& Senior Manager, Eating Disorders Victoria, **MELBOURNE**

Sarah Pollitt is an Accredited Mental Health Social Worker, Clinical Family Therapist, and Senior Manager at Eating Disorders Victoria (EDV), Melbourne.

She leads EDV's Help-Seeking and Support services, providing State-wide telehealth and psychosocial support for individuals and families impacted by eating disorders. Sarah's work focuses on improving access to early, person-centred care and embedding lived experience into service design and delivery.

At EDV, Sarah has led the development of flexible support pathways that integrate clinical expertise with compassionate, accessible care – including telephone, and telehealth formats.

With more than two decades of experience across the public, private, and community sectors, Sarah has held various national leadership roles, including with headspace, where she helped shape inclusive, trauma-informed mental health models for young people and their families.

Sarah also maintains a private practice, [InDialogue](#), where she provides individual, couple, and family therapy. She draws on a range of evidence-based approaches, including Family Therapy, Eye Movement Desensitization and Reprocessing Therapy (EMDR), Internal Family Systems (IFS), Acceptance Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT & CBT-E), with a strong focus on early intervention and systemic, trauma-informed and family inclusive practice.

Sarah holds a Master of Clinical Family Therapy and a Bachelor of Social Work and Human Services from La Trobe University, and is a ANZAED Credentialed Eating Disorder Clinician and a member of the Australian Association of Social Worker (AASW)

Sarah is an advocate for the [InsideOut Institute for Eating Disorders](#) 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.

"Eating Disorders are often unseen in our service system and culture, with limited awareness and ongoing stigma, particularly for those impacted by eating disorders that are not represented in the media, like binge eating disorder," said Sarah.

"Accessible online services like the InsideOut eClinic, that provide accessible and flexible support to the whole system, including the individual, their support people, and the healthcare professionals, are vital to enable true early intervention and person-centred care to all Australians."



To learn more about the InsideOut Institute's eClinic, head to eclinic.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 to complete their online screener and assessment, and to access more information and professional support.

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

- Butterfly National Helpline: 1800 334 673
- Beyond Blue: 1300 22 4636
- LifeLine: 13 11 14
- Men's Line Australia: 1300 78 99 78
- Kids Help Line: 1800 55 1800

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To coordinate an interview with Sarah Pollitt, please contact:

Kirsten Bruce or Sam Jacobs, VIVA! Communications

M 0401 717 566 | 0422 654 404

T 02 9968 3741 | 1604

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