

# Digital Mental Health for Eating Disorders

## WHAT IS AN EATING DISORDER?

Significant abnormalities in eating behaviours are the hallmarks of an eating disorder. A person suffering from an eating disorder might restrict the amount of food they consume, follow extreme diets, or even eat much more than usual. Sufferers might exhibit an extreme obsession with body weight, size, or shape. A person with an eating disorder might also engage in compensatory behaviours to minimise the chance of gaining weight such as self-induced vomiting, using laxatives, or exercising obsessively.

## WHAT ARE THE SYMPTOMS OF AN EATING DISORDER?

### Physical

- Significant weight loss or failure to gain weight in young people.
- Significant weight gain.
- Sometimes, there is no change in weight.
- Decreased energy levels.

### Psychological

- Fear of getting fat or gaining weight.
- Excessive thoughts about body weight, shape, and size.
- Feeling out of control with what or how much one is eating.
- Feeling disgusted, depressed, or guilty after eating.
- Irritability.
- Sense of euphoria with maintaining a diet or weight loss.
- Perfectionism.
- Low self-esteem.

### Behavioural

- Eating much less than usual and/or eating large amounts of food.
- Skipping meals or dieting.
- Eating much more rapidly or much more slowly than normal.
- Eating until feeling uncomfortably full or when not hungry.
- Making yourself vomit, misusing laxatives, diuretics, enemas or medications.
- Engaging in excessive exercise.
- Repeatedly weighing yourself.



**Eating disorders can lead to serious physical complications.**

**Seek medical assistance regardless of your body weight.**

Scan to download a free PDF version from the eMHPrac Website



# Digital Mental Health for Eating Disorders

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

## National Mental Health Website

### HEAD TO HEALTH

#### Head to Health

A website that links Australians to free or low-cost online and phone mental health services.  
<https://www.headtohealth.gov.au/>

## Information Sites

### National Eating Disorders Collaboration

An Australian Government Department of Health initiative to build a safe, consistent and accessible system of care for people experiencing eating disorders.  
<https://www.nedc.com.au/>



### Eating Disorders Queensland

Support and treatment for people living with and recovering from an eating disorder, their carers and loved ones.  
<https://eatingdisordersqueensland.org.au/>



### Inside Out Institute for Eating Disorders

Online screening and assessment tools, information and resources for individuals with eating disorders and their supports.  
<http://www.insideoutinstitute.org.au/>



### Eating Disorders Families Australia

Information for families and carers of people with an eating disorder.  
<https://www.edfa.org.au>



### ReachOut

Information and articles for youth on a range of topics, and professionally moderated, anonymous discussion forums.  
<https://au.reachout.com/>



### Raising Children Network

Free, reliable, up-to-date and independent information to help families grow and thrive.  
<https://raisingchildren.net.au/>



## Online Tools/Programs

### Reach Out and Recover (ROAR)

Interactive tools to support people who have eating or body concerns, and help them with their next steps towards recovery.  
[www.reachoutandrecover.com.au](http://www.reachoutandrecover.com.au)



### Centre for Clinical Interventions

Self-help workbooks and modules for a range of mental health issues.  
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>



### The Shared Table (for parents/carers)

Online training program to assist carers in the provision of meal support.  
<https://edqsharedtable.com.au>



### Feed Your Instinct (for parents)

Interactive tool designed to support parents of children and young people experiencing eating and/or body image problems.  
<https://feedyourinstinct.com.au>

### FEEDYOURINSTINCT

### Eating Disorders Carers Helpkit

Information and resources to assist carers to navigate the service system and support someone with an eating disorder.  
<https://eatingdisorderscarerhelpkit.com.au/>



### Smiling Mind

Website and app, including a Meal Times program, teaching Mindfulness Meditation to young people (7-22 yrs) and adults.  
<http://www.smilingmind.com.au/>



## Phone and Online Counselling

### The Butterfly Foundation

Telephone and online counselling, referral, psychoeducation and moderated online support groups for anyone needing guidance with an eating disorder.  
<http://thebutterflyfoundation.org.au/>  
1800 33 4673



### Beyond Blue Support Service

24hr telephone, online and email counselling for people going through a tough time, and information on a range of mental health issues.  
<http://www.beyondblue.org.au/get-support/get-immediate-support>  
1300 22 4636



### Kids Helpline

24hr phone and real time web-based crisis support for youth (5-25 yrs). Information, resources and stories of recovery for those affected by eating disorders.  
<http://www.kidshelpline.com.au/>  
1800 55 1800



### Eating Disorders Victoria Hub

Information, brief support and referral (to VIC-based treatment services).  
<https://www.eatingdisorders.org.au/>  
1300 550 236



### Headspace

Online and phone counselling, and moderated support groups to support young people, their family and friends.  
[www.headspace.org.au/](http://www.headspace.org.au/)  
1800 650 890



### SANE Australia

Straightforward and concise information guide on treatment and self help, and moderated forums providing peer-to-peer support.  
<http://www.sane.org.au/>  
1800 187 263

