









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.

 Fooling out of control with
- 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.

PHONE AND ONLINE COUNSELLING



The Butterfly Foundation

Telephone and online counselling, referral 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. 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). 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



Online and phone counselling, and moderated support groups to support young people, their family and friends.
www.headspace.org.au/
1800 650 890



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















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DIGITAL SERVICES FOR EATING DISORDERS

Digital Mental Heallth Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and

headtohealth.gov.au

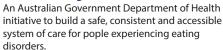
Information Sites



The Butterfly Foundation

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





https://www.nedc.com.au/



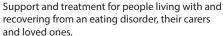
disorders**qld**.

Eating Disorders Victoria

Information, resources and stories of recovery for those affected by eating disorders. Also includes the EDV Hub phone line. https://www.eatingdisorders.org.au/

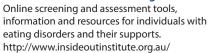
1300 550 236

Eating Disorders Queensland

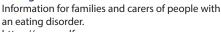


https://eatingdisordersqueensland.org.au/

Inside Out Institute for Eating Disorders



Eating Disorders Families Australia



https://www.edfa.org.au

REACH OUT.com

Institute for Eating Disorders

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/

Beyond Blue

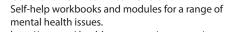
Information on a range of mental health issues. www.beyondblue.org.au/

Online Tools/Programs



Interactive tools to support people who have eating or body concerns, and help them with their next steps towards recovery. www.reachoutandrecover.com.au

Centre for Clinical Interventions



http://www.cci.health.wa.gov.au/resoruces/ looking-after-yourself

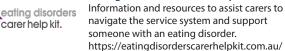
The Shared Table (for parents/carers)



Feed Your Instinct (for parents)



Eating Disorders Carers Helpkit



Smiling Mind



carer help kit.

FEEDYOURINSTINCT

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

Key

contains Moderated Online Peer Support (eg. forums, online support groups)



