

Digital Mental Health for Eating Disorders and Body Image Issues


What is digital mental health?


Digital mental health allows you to access mental health tools and support using your phone or the internet. This includes online programs, forums, and mobile phone apps, as well as support over the phone, webchat or video call. These resources are free or low cost, easy to access, and research has shown that people find them helpful.


Disordered eating can cause serious medical complications at any body weight. Seeing a GP alongside use of online programs and resources can help ensure any health risks are identified and safely managed.

Psychological Intervention

A structured, interactive program or service that helps with a particular mental health concern.


 **Butterfly Foundation**
☎ 1800 33 4673 (8am-12am)
Information, self-assessment (14yrs+), webchat and phone counselling, peer support (16yrs+) and recovery programs (16yrs+) for individuals worried about eating disorders and body image issues and their support people.


 **InsideOut eClinic**
BEeT | Brief BEeT | Skilled | SupportED
Self-guided or own-clinician-supported web platform offering self-assessment, self-tracking tools, and online programs for people with binge eating symptoms (12yrs+), restrictive and binge eating issues (16yrs+) or their support people (16yrs+).


 **The Shared Table**
Online meal support training program for support people of loved ones with an eating disorder. Does not replace advice from a treatment team.

Information

Learn more about what is going on and what getting better looks like.


 **Headspace**
Information, tools, phone and webchat support, and peer-led group chats to support young people (12-25yrs), parents, and caregivers in managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.


 **Reach Out and Recover (ROAR)**
Information for adults to determine the extent or impact of their eating or body image concerns and guidance on recovery or treatment.

 **LearnED**
Online, self-directed information programs for people in recovery from an eating disorder, their support people and their health practitioners.

Peer Support


Connect with others who have been in the same position. Peer support services do not offer crisis support.


 **My Circle**
Safe, confidential, moderated peer support platform for young people (12-25yrs) going through challenges to connect and learn from each other. Not a crisis service.

 **ReachOut**
Information and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people (16-25yrs) seeking support to improve wellbeing. Not a crisis service.

Screening and Referral


Check your symptoms and find further help.

 **InsideOut Institute for Eating Disorders**
Online self-assessment, information, and referral to face-to-face services for eating disorders for adults (16yrs+).

 **Feed Your Instinct**
Interactive checklist providing practical tips and guidance for parents and caregivers of children and young people experiencing eating and/or body image problems.

Counselling

Support to work through a problem or crisis.

 **Eating Disorder Families Australia**
Information sessions on identifying early signs of disordered eating in young people; virtual peer support groups for adult support people (18yrs+); and video call counselling for young (10-17yrs) and adult (18yrs+) support people of someone with an eating disorder.

Follow-up plan:

This referral sheet is designed for healthcare professionals to use as a reference guide or as a resource to share with clients or patients. Other professionals are welcome to use or share this resource for general information purposes only and within the scope of their professional role.