

# MENTAL HEALTH IN FOCUS

## EATING DISORDERS: BEYOND THE UNKNOWN

Episode Four

### CLINICAL RESOURCE LIST

Resource Name	Link	Description
<b>RAVES Approach</b>	<a href="https://myrtleoakclinic.com.au/treatment-options/raves-approach/">https://myrtleoakclinic.com.au/treatment-options/raves-approach/</a>	An evidence-informed disordered eating and eating disorder framework, providing a step-by-step approach to re-establishing a healthy relationship with food. Developed by dietitian Shane Jeffrey.
<b>Training Providers in Australia</b>	<a href="http://www.nedc.com.au/professional-development/eating-disorder-training-within-australia/">www.nedc.com.au/professional-development/eating-disorder-training-within-australia/</a>	Links to training opportunities to support you to upskill in identifying, responding, and treating eating disorders.
<b>ANZAED Eating Disorder Credential</b>	<a href="https://www.anzaed.org.au/credentialingproject/">https://www.anzaed.org.au/credentialingproject/</a>	Describes the minimum standards for safe and effective eating disorder treatment including training, experience, and professional development. Find out more about your learning and development pathway to become skilled to treat eating disorders.
<b>Feed Your Instinct (FYI)</b>	<a href="https://feedyourinstinct.com.au/">https://feedyourinstinct.com.au/</a>	An interactive tool designed to support parents of children and young people experiencing different types of eating and/or body image problems. FYI aims to highlight common warning signs and provide useful information about eating and/or body image problems. It will also provide you with guidance on how to help your child with these problems at home and suggest options for further support.
<b>Reach Out and Recover (ROAR)</b>	<a href="https://reachoutandrecover.com.au/">https://reachoutandrecover.com.au/</a>	ROAR is an interactive tool to support people who have eating and body concerns, and who feel distressed because of these concerns. ROAR helps people to understand the extent and impact of their problems and provides help with the next steps to take towards recovery.



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<b>National Eating Disorder Collaboration</b>	<a href="http://www.nedc.com.au/">www.nedc.com.au/</a>	NEDC is an initiative of the Australian Government dedicated to developing and implementing a nationally consistent, evidence-based system of care for the prevention and treatment of eating disorders.
<b>Eating Disorder Core Skills: eLearning for Mental Health Professionals</b>	<a href="https://nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-mental-health-professionals/">https://nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-mental-health-professionals/</a>	MH Core Skills is a 5-hour self-paced comprehensive foundational training designed to equip mental health professionals with knowledge and skill across identification, assessment, referral, and support.

