

# MENTAL HEALTH IN FOCUS

## EATING DISORDERS: BEYOND THE UNKNOWN

Episode One

### CLINICAL RESOURCE LIST

Resource Name	Link	Description
National Eating Disorder Collaboration	<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.
Eating Disorders Victoria	<a href="https://www.eatingdisorders.org.au/">https://www.eatingdisorders.org.au/</a>	Eating Disorders Victoria is a not-for-profit organisation providing support services, information, and guidance to people impacted by eating disorders in Victoria.
What is an Eating Disorder?	<a href="http://www.nedc.com.au/eating-disorders/eating-disorders-explained/the-facts/whats-an-eating-disorder/">www.nedc.com.au/eating-disorders/eating-disorders-explained/the-facts/whats-an-eating-disorder/</a>	Eating Disorders are serious mental illnesses, characterised by disturbances in behaviour, thoughts, and attitudes to food, eating, and body weight or shape.
Who is Affected?	<a href="http://www.nedc.com.au/eating-disorders/eating-disorders-explained/the-facts/who-is-affected/">www.nedc.com.au/eating-disorders/eating-disorders-explained/the-facts/who-is-affected/</a>	Prevalence of eating disorders in Australia across diagnostic presentations, age, and gender.
Nine Truths about Eating Disorders	<a href="http://www.aedweb.org/publications/nine-truths">www.aedweb.org/publications/nine-truths</a>	Produced by the Academy of Eating Disorders, the Nine Truths help to challenge myths and stigmas about eating disorders.
Eating Disorders in Australia – Prevalence and Comorbidity	<a href="http://www.nedc.com.au/eating-disorders/eating-disorders-explained/the-facts/eating-disorders-in-australia/">www.nedc.com.au/eating-disorders/eating-disorders-explained/the-facts/eating-disorders-in-australia/</a>	Prevalence and comorbidity of eating disorders in Australia.



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Resource Name	Link	Description
<b>Understanding the Neurobiology of Eating Disorders</b>	<a href="http://www.nedc.com.au/research-and-resources/show/issue-51-neurobiology-and-eating-disorders">www.nedc.com.au/research-and-resources/show/issue-51-neurobiology-and-eating-disorders</a>	Understanding the growing evidence of the important role played by neurobiological vulnerabilities in the development 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.

