Eating Disorders

Eating disorders are serious mental health illnesses and have one of the highest mortality rates of any mental illness. They are not a phase, a diet gone too far, a cry for attention or a "lifestyle choice". Eating Disorders can negatively impact an individual's life physically, emotionally, occupationally and socially. They cause significant distress, anxiety and burden to themselves, their family, carers, partners and friends.

1 million Australians are living with an eating disorder. Eating disorders can be difficult to detect as you are unable to tell if someone has an eating disorder by appearances alone. A thorough medical, physical, mental health and nutritional assessment is required to ensure accurate diagnosis to inform treatment.

Treatment Steps

If you suspect that you or someone you know has an eating disorder, please follow the steps below:

- Visit a GP. If an eating disorder is suspected after a medical assessment, a referral may be made to an Outpatient Dietitian and a Mental Health Clinician.

- Referral to an Outpatient Dietitian and a Mental Health Clinician. The Mental Health Clinician may be from your local mental health service or a Private Therapist who is trained in eating disorder therapy.

- If there is immediate concern from yourself or your local GP about a person's medical and/or psychiatric safety, present to your local Emergency Department.

If you would like further information on eating disorders. Please visit the InsideOut Institute website: www.insideoutinstitute.org.au

With early detection and timely, evidence-based treatment,
full recovery is possible.