

WEBSITES: EATING DISORDERS, BODY IMAGE AND HEALTH

DISORDERED EATING

- www.cci.health.wa.gov.au/resources/consumers.cfm
Overcoming Disordered Eating, Parts A and B, self-help modules.

BODY IMAGE

- <http://www.ama.com.au/web.nsf/doc/SHED-5G4UVU>
Australian Medical Association position paper on "Body Image and Health 2002"
- www.mirrormirror.com.au
A self image / body awareness program by psychologist Denise Greenaway.
- www.about-face.org
A San Francisco based group, About-Face combats negative and distorted images of women.
- www.bodypositive.com
- www.completelygorgeous.com – a humorous Australian approach

HEALTHY ACTIVE KIDS

- www.health.nsw.gov.au/obesity/youth/intro.html
Information to promote healthy body weight in children.

WEBSITES on EATING DISORDER ORGANISATIONS

- www.eatingdisorders.org.au
Anorexia & Bulimia Nervosa Foundation of Victoria
- www.uq.net.au/eda/
Eating Disorders Association (QLD) Resource Centre. Provides information, support and referral services. Also has an online email discussion list for people affected by eating disorders.
- www.thebutterflyfoundation.org.au
Information about eating disorders and support groups for sufferers, family and friends.
- www.theoakhouse.com.au
- www.nationaleatingdisorders.org
(American Eating Disorders Association)
Information on awareness and prevention. Includes a section with tips for becoming a critical viewer of the media.
- www.something-fishy.org

WEBSITES FOR OVEREATING

- www.oasydney.org
Overeaters Anonymous website. Has locations for Central Coast meetings.
Contact Sydney 9518 3004 for Central Coast 'phone numbers.
- www.overcomingovereating.com
contains an online support group for those who are trying to break free of dieting/weight/body obsession

WEBSITE for COMPULSIVE EATING

- www.compulsiveeating.com/compulsive_eating.htm

WEBSITE on NON-DIETING

- www.ifnotdieting.com.au
Website by Dr Rick Kausman, the author of 'If Not Dieting then What?'



WEBSITES for YOUTH

- **www.reachout.asn.au**
Is an information and referral service for a range of problems and issues for youth - not just for eating disorders. Contains three subsites - Chill Out!, Family & Friends and Professional Forum - and a map-based database, Who Cares? Has heaps of links to other websites including the Eating Disorder Support Network.
- **www.headroom.net.au**
Sections for 6-12 year olds; 12-18 year olds; Parents and Friends and Professionals.
- **www.ycentral.com.au**
Provides medical, welfare and mental health services for 12 – 25 years

WEBSITES on SIZE-ACCEPTANCE

- **www.radiancemagazine.com/**
Radiance: the magazine for large women
- **www.size-acceptance.org/**
International Size Acceptance Organisation.
This site explains the philosophy which also underlines Size Acceptance Network. This site has extensive links to other sites and resources.
- **www.sizediversityandhealth.org**

WEBSITES FOR PARENTS

- **www.dadsanddaughters.org**
- **www.FEAST-ED.org**

MAUDSLEY MODEL OF FAMILY THERAPY

- **www.maudsleyparents.org** - specifically for parents using the Maudsley model.
- **www.eatingwithyouranorexic.com**
Very useful site for parents.
- **www.edsurvivalguide.com/eatingdisorder-maudsleynotips.htm**

WEBSITES for PROFESSIONALS

- **www.ceed.org.au**
Centre of Excellence in Eating Disorders for teaching, health and welfare professionals.
- **www.cedd.org.au**
Centre for Eating and Dieting Disorders for NSW but with national information too.

WEBSITES for MENTAL HEALTH info

- **www.depressionet.com.au**
- **www.beyondblue.org.au**

HOW TO SPOT A CREDIBLE SITE

(by Catherine Saxelby, Karen Kingham & Craig Edwards)

Use these 7 checks to evaluate a new site:

1. There's a distinction between content and advertising.
2. Site sponsorships are clearly displayed, so it's obvious when the site is recommending its own products.
3. The owners or sponsors are identified.
4. The site names its contributors or writers, along with their credentials or affiliated organisation.
5. You can see the date when the material was created or last updated.
6. Some references or sources are quoted - or links for more information.
7. The site is user-friendly with easy navigation, organised content and quick downloading.

Please Note: The views and opinions expressed in these websites are not necessarily endorsed by the Eating Disorder Early Intervention Outpatient Service, Northern Sydney and Central Coast Health.

