

How does it work?

1. Get started online

Visit the website to create a free account, no referral required.

2. Choose a program

Choose a program, or complete a short quiz if you're unsure, to find which is the best fit for you.

3. Go at your own pace

Work through modules, activities and tools whenever and wherever it suits you.

4. Build skills & track your progress

Work through the program and practice what you learn. Build your skills and you'll notice changes within just a few weeks.

5. Get extra support (optional)

Connect with your chosen health professional on the eClinic platform for additional guidance and support through the programs.

Programs are self-guided and flexible, designed to fit around your life.

Support when you're ready

You don't need to wait until things feel "serious" to get help. The eClinic is designed to support people early, or alongside care from your GP or health professional.

Start today

insideoutinstitute.org.au/eclinic



If you have any questions about our service, please contact:

eClinic@insideoutinstitute.org.au

The InsideOut Institute is not a crisis service. If you need urgent help, please phone:

- Lifeline: 13 11 14
- Kids Helpline: 1800 55 1800
- Butterfly Foundation: 1800 ED HOPE
- Emergency Services: 000

The InsideOut eClinic is supported by funding from the Australian Government under the National Leadership in Mental Health program.

INSIDEOUT eClinic

Free, proven self-help eTherapies and programs for people with food, eating and body image concerns.

- ✓ **Evidence-based**
- ✓ **Available anywhere in Australia**
- ✓ **No referral needed**
- ✓ **No formal diagnosis needed**

Why use the eClinic?

Free

Funded by the Australian Government, the InsideOut eClinic is free to access.

Proven effective

Evidence-based programs developed by experts including people with a lived experience. Built on clinically proven techniques in the treatment of eating disorders.

No Referral Needed

Get started straight away. Access the eClinic website and begin exploring the tools and programs immediately.

No Formal Diagnosis

You don't need a diagnosis to access support.

Whether you're concerned about eating, body image, or supporting someone else, the eClinic is available to you.

Private

Access support from home, whenever you're ready, at your own time and pace.

What you'll find on the eClinic

Online Therapies



Self-guided therapies with practical tools to help you understand and change unhelpful eating patterns.

Toolbox



Build awareness of recurring patterns and develop skills to make change by using the toolbox.

Track eating, thoughts and emotions, set goals, and see your progress over time.

Carer Program & Resources



A program for people who care for someone with an eating disorder or disordered eating symptoms, guided by carers, including:

- ✓ Practical guidance
- ✓ Communication strategies
- ✓ Tools to manage challenges
- ✓ Support for your own wellbeing
- ✓ Distress management strategies

Is the eClinic right for me?

The InsideOut eClinic is a free, online service for people aged 16+ in Australia experiencing eating or body image concerns.

You may benefit from the eClinic if you:

- ✓ Spend a lot of time thinking about food, weight or shape
- ✓ Feel out of control around eating
- ✓ Restrict food or try to influence your weight
- ✓ Feel stuck in patterns that are hard to change
- ✓ Are supporting someone you care about who struggles with eating concerns

Eating concerns can show up in many ways. If it's affecting your life, support is available now.

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