

# New Eating Disorders Resources for GPs



The Centre for Eating and Dieting Disorders has rebranded as the **InsideOut Institute**, a national institute for research and clinical excellence in eating disorders.

Eating disorders are serious mental health illnesses, their development is multifactorial, and without effective treatment they can cause serious and permanent harm or even death. General practitioners are part of a network of providers for people with eating disorders, and can be crucial for coordination and treatment.

To coincide with the launch, **we have developed a new website** – <https://insideoutinstitute.org.au/>

The website includes:



### [Treatment Services Database](#)

Largest national directory of private practitioners, community clinics or programs, day programs, in hospital treatment, support groups and clinical supervisors.



### [Clinical Practice Guidelines](#)

Collection of clinical practice guidelines for local health districts, general practitioners, and inpatient settings.



### [Resource Library](#)

Library of resources for professionals, individuals and families, including InsideOut research publications, clinical resources such as treatment guidelines and assessment tools, videos, podcasts, blogs, and fact sheets.



### [Training Opportunities](#)

Our eating disorder training programs build workforce skill in the diagnosis, assessment and management of eating disorders.