

# Eating disorder training and resources:

## for mental health professionals and general practitioners

To support you to identify, assess and support someone who may be experiencing an eating disorder, National Eating Disorders Collaboration (NEDC) have developed freely accessible training and resources:

### Free, accredited, online training

[Eating Disorder Core Skills: eLearning for Mental Health Professionals](#) is a five-hour evidence-based training providing comprehensive information on eating disorders, assessment, treatment, MBS items, multidisciplinary care, and referral pathways. Resources are provided to support implementation in clinical practice. The training is accredited with leading professional bodies and has approved as meeting the requirement for the ANZAED Eating Disorder Credential for introductory training.

[Eating Disorder Core Skills: eLearning for GPs](#) is a four-hour evidence-based training providing comprehensive information on eating disorders, assessment, treatment, MBS items, multidisciplinary care, and referral pathways. Resources are provided to support implementation in clinical practice. The training is accredited by RACGP, GPMHSC and ACRRM.

### Training and resources databases

#### [Workforce Training and Professional Development Database](#)

- A database of over 65 eating disorder training and professional development opportunities for a wide range of workforces with a role in eating disorder prevention, identification, initial response, treatment, and/or psychosocial and recovery support.

#### [Online Digital Resources Database for Eating Disorders](#)

- A directory providing links to over 70 digital, interactive clinical and training resources

### Key resources

- [Eating disorders: A professional resource for general practitioners](#) (booklet)
- [Eating disorders: identification and response](#) (factsheet)
- [Eating disorder factsheets](#) (over 40 factsheets in multiple languages)
- [Management of eating disorders for people with higher weight: clinical practice guideline](#)

### Eating disorder service navigation tools

- [Credentialed Eating Disorder Clinicians - connect-ed searchable directory](#)
- [Butterfly National Helpline](#)
- [National Eating Disorders Collaboration \(NEDC\) Service Locator](#)
- [InsideOut Institute Treatment Services Database](#)
- [Eating Disorders Victoria \(EDV\) Hub](#)