

Eating Disorder Organizations & Clinics

Australia & New Zealand Eating Disorders Academy for Eating Disorders (ANZAED)

<https://www.anzaed.org.au/>

- Resources & information
- Continuing education webinars & workshops
- Credentialling program (ANZAED is currently exploring how this could be established in NZ)
- Membership benefits include Special Interest Groups & professional networking

New Zealand Eating Disorders Clinic <https://www.nzeatingdisordersclinic.co.nz/>

- Treatment
- Trainings & workshops
- Consultation

Eating Disorders Association of New Zealand (EDANZ) <https://www.ed.org.nz/>

- Fact sheets & explainers for EDs
- Information about what to do if you are concerned about someone
- Advice on speaking with doctors
- Resources & newsletter
- Parent/carer support groups

Voices of Hope – general mental health, with ED related information

<https://www.thevoicesofhope.org/>

- Posts and videos sharing lived experience
- Mental health campaigns & awareness-raising initiatives

Love Your Kite App <https://loveyourkite.com/>

- Designed to support recovery, not sole treatment

The Butterfly Foundation (Australia) <https://butterfly.org.au/>

- National charity in Australia
- Provides “innovative, evidence-based support services, treatment and resources, delivering prevention and early intervention programs and advocating for the needs of our community.”

Inside Out (Australia) <https://insideoutinstitute.org.au/>

- National research & clinical excellence institute for EDs
- Training, policy & research

Centre for Clinical Interventions (Australia)

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

FEDUP (Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective) <https://fedupcollective.org/>

- Resources
- Training

- Blog

Nalgona Positivity Pride <https://www.nalgonapositivitypride.com/>

- Training
- Blog
- Support resources

Health at Every Size Resources

Association for Size Diversity and Health (ASDAH) <https://asdah.org/>

- Conference
- Blog posts
- Membership benefits include discussion forum, private member directory

Health at Every Size 101 from Lindley Ashline:

<https://bodyliberationphotos.com/health-at-every-size-haes-101/>

- Including a list of books on HAES and body liberation

Lindo Bacon <https://lindobacon.com/>

- Author of *Health at Every Size: The Surprising Truth about your Weight, Body Respect, and Radical Belonging*

Podcasts

- Food Psych with Christy Harrison <https://christyharrison.com/foodpsych>
- Fresh Out the Cocoon Podcast with Dr Joy Cox <https://anchor.fm/fotcpodcast>
- Recovery Bites with Karin Lewis <https://karinlewisedc.com/podcast>
- Maintenance Phase with Aubrey Gordon & Michael Hobbes
<http://maintenancephase.com/>
- Love Food with Julie Duffy Dillon <https://juliedillonrd.com/lovefoodpodcast/>
- Don't Salt my Game with Laura Thomas
<http://www.laurathomasphd.co.uk/category/podcast/>
- The Body Protest with Nadia Craddock & Honey Ross
<https://podcasts.apple.com/us/podcast/the-body-protest/id1479688202>
- Eating Disorder Recovery Podcast with Tabitha Farrar
<https://tabithafarrar.com/tag/eating-disorder-recovery-podcast/>
- Eating Disorder Recovery Speakers with Kristen Brunello
<https://edrspodcast.com/podcast>

Books

- Anti-Diet by Christy Harrison
- Life Without Ed by Jenni Schaefer