

Supporting the mental health of people living with obesity

Guidelines

- **Butterfly Foundation** Insights in Recovery: A consumer-informed guide for health practitioners working with people with eating disorders
<https://thebutterflyfoundation.org.au/assets/Uploads/ButtInsights-BOOK1-online-nov5-FINAL-20161107.pdf>
- **National Health and Medical Research Council** Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Adolescents and Children in Australia (2013)
<https://www.nhmrc.gov.au/guidelines-publications/n57>
- **The National Eating Disorders Collaboration** Eating disorders: A Professional Resource for General Practitioners (2014)
www.nedc.com.au/files/Resources/GPs%20Resource.pdf
- **The Royal Australian and New Zealand College of Psychiatrists** clinical practice guidelines for eating disorders (2014)
www.ranzcp.org/Files/Resources/Publications/CPG/Clinician/Eating-Disorders-CPG.aspx
- **Weight Management Psychology** Psychological Profile for Weight Management
<https://www.weightmanagementpsychology.com.au/psychological-profile-for-weight-management/>

Journals

- **Campbell, L.V.** (2017) Genetics of obesity. Australian Family Physician, Volume 46, No. 7. Pg 456-459
- **Lee, P.C. and Dixon, J.** (2017) Bariatric-metabolic surgery: A guide for the primary care physician. Australian Family Physician, Volume 46. No. 7 pg 465-471
- **Lee, P.C. and Dixon, J.** (2017) Pharmacotherapy for obesity. Australian Family Physician, Volume 46, No.7 pg 472-477

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- **Z. Kovacs, J. B. Valentin and R. E. Nielsen.** (2016) Risk of psychiatric disorders, self-harm behaviour and service use associated with bariatric surgery.
<http://onlinelibrary.wiley.com/doi/10.1111/acps.12669/abstract;jsessionid=298910FC887456D3B57E7788B603C362.f02t04>

Websites & Reading

- **Health, Not Diets** Training and workshops in the Non-Diet Approach
<http://www.healthnotdiets.com/books-resources>
- **Lyons, A.** (2017) Overweight and Obesity in Good Practice
<http://www.racgp.org.au/publications/goodpractice/201703/overweight-and-obesity/>
- **National Eating Disorders Collaboration** Expertise, experience and evidence from leaders in the field together in one place
<http://www.nedc.com.au>
- **Overcoming Binge Eating, Second Edition:** The Proven Program to Learn Why You Binge and How You Can Stop
<https://www.amazon.com/Overcoming-Binge-Eating-Second-Program/dp/1572305614>
- **The Body Image Workbook:** An Eight-Step Program for Learning to Like Your Looks
<https://www.amazon.com/Body-Image-Workbook-Eight-Step-Learning/dp/1572245468>
- **The Change Program** a new innovation for weight management in primary care
<http://www.changeprogram.com.au>
- **Weight Management Psychology** Newsletter and videos every fortnight
www.weightmanagementpsychology.com.au