



Brief BEeT (Binge Eating eTherapy)

Binge eating can get in the way of all aspects of life. Thinking about food and our bodies can take up a lot of time and make us feel worried about things that used to make us happy.

Sound familiar? You are not alone. Many young people experience binge eating, and the good news is that things can get better. Brief BEeT can help you regain your life by providing you with tools, skills and support along the way.

What is Brief BEeT (Binge Eating eTherapy)?

Brief BEeT is a free and confidential online program for people who are living with binge eating. Researchers and people with their own lived experience of eating difficulties have contributed to this program.

Brief BEeT has been developed by InsideOut Institute and is available for young people aged 16 to 25 in participating headspace centres.

How does it work?

Brief BEeT can be done by yourself, or with the support of a trained clinician.

Brief BEeT is a pure self-help program which includes four Cognitive Behavioural Therapy (CBT) online modules which are completed over four - eight weeks at a time convenient to you. Each module will take about 60 minutes to complete. All modules are highly interactive, featuring therapy videos, psychoeducation, personal stories and activities. As you work through the modules, you will get the chance to self-monitor, plan meals and set goals using the Digital Toolbox.

Guided Brief BEeT (In person) will involve completing Brief BEeT and attending weekly sessions with a mental health clinician at a participating headspace centre. During your sessions, your headspace clinician is there to answer questions, discuss challenges, and work with you to set goals for the next week. They will also review your questionnaires and Digital Toolbox entries to monitor how you are going implementing the new skills you have learnt.



Find out more about the ways to access Brief BEeT here:

