



welcome to Brief BEeT

Information to help you
get started with Brief BEeT
(Binge Eating eTherapy)



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what is Brief BEeT?

Brief BEeT is a binge eating eTherapy program for people who are living with binge eating and/or purging eating-related behaviours. At times, it can feel more comfortable or convenient to engage with support online, so headspace has partnered with the InsideOut Institute for Eating Disorders to make this eTherapy accessible for young people at headspace. Researchers and people with their own lived experience of eating difficulties have contributed to developing this program. This pack gives you an idea of what you can expect and how to navigate your journey through the Brief BEeT program.





how can Brief BEeT help?

Binge eating can get in the way of life, sometimes causing difficulties with friends, family, study, work and hobbies. 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.

Brief BEeT can help you understand your eating. You will learn new tools, skills and be provided with support along the way.



Sound familiar? You are not alone.

Many young people experience binge eating, and the good news is that things can get better!



what will I be doing?

The program runs over approximately 4 weeks.



Weekly online modules



Self-monitoring & goal setting



1-on-1 sessions at your participating headspace centre



Each week you will log in and complete one online module (1 hour).

You will also attend a session (30 minutes) with a headspace mental health clinician.

Your headspace clinician will be there to answer questions, discuss challenges, and work with you to set goals for the next week.

what do I need to get started?

1. Access to a device with internet.
2. Let someone know what's going on. It can be really helpful to have someone at home who can support you through the process. The next page of this pack will help with this.
3. Register for Brief BEeT:
 - a. Visit headspace.org.au/binge-eating-etherapy.
 - b. Select Brief BEeT (Self help online).
Tip: Even though you are completing Guided Brief BEeT, you'll still need to go through this option to register and access the modules.
 - c. Log in or register for a headspace account.
 - d. Accept the terms and conditions and confirm your full name to be redirected to Brief BEeT eClinic on the InsideOut website.
 - e. Complete the questionnaire and registration process to begin your first module.
Tip: Make sure you bookmark the eClinic in your browser.
4. Due to the risk of physical health complications, it's important to see a GP regularly. Let your headspace clinician know if you don't have a regular GP, or if you feel uncomfortable talking to your current GP about what's going on.



how can family help?

Family can play an important role in supporting you along your journey, especially when you are learning new things and putting new skills into use. Research shows that involving family can help things improve more quickly and reduce stress in relationships too. At headspace, we use the term 'family' to include parents, caregivers, siblings, partners, Elders, and mentors, basically people who play a significant emotional, cultural, or other role in your life. Alongside your journey in Brief BEeT, their support might look like helping you with planning, problem solving and practicing new skills.

Still not sure? Let your headspace clinician know how you are feeling. They can support you in coming up with a plan that feels right. All involvement of family at headspace is done with your privacy and confidentiality in mind, and your clinician will ask you what information you are comfortable sharing.



who do I contact if there are any issues?

Technical support

If you are having technical problems whilst you are completing Brief BEeT, you can head to 'Contact Us' on the InsideOut eTherapy platform and your query will be directed to InsideOut.

If you are having issues accessing Brief BEeT from your headspace account, visit headspace.org.au/binge-eating-etherapy and scroll down to the FAQs.

Mental health support

Different or difficult thoughts and feelings sometimes show up during eTherapy. Don't worry, this is a normal experience! If you can't wait until your next session with your headspace worker, reach out to your headspace centre to find out about how you can get support when you need it.

Need urgent mental health support?

headspace and the InsideOut Institute are not emergency services. If you are hurt, you are worried about someone's safety or you need immediate support please call 000 (Ambulance, Police, Fire Brigade) or present to your closest emergency department.

If you are having thoughts about suicide, thoughts or urges to self-harm, or self-harming behaviour, contact the following National 24/7 crisis services:

- Lifeline: 13 11 14 or lifeline.org.au
- Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
- Beyond Blue: 1300 224 636 or beyondblue.org.au





i've finished the program, now what?

Congratulations! Finishing an eTherapy program is a big accomplishment

Make sure you download all the resources in the resource tab so you can refer back to them when you need to.

In your final session with your headspace clinician, you will talk about what the next steps are for you. These will be different for everyone.

You have access to Brief BEeT for two months from the time you enrol and you can revisit modules as needed during this time. After this time, you won't be able to access your Brief BEeT modules anymore, and if you are looking for a refresher, you will need to re-enrol in the program.



headspace centres and services operate across Australia, in metro, regional and rural areas, supporting young Australians and their families to be mentally healthy and engaged in their communities.



headspace would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.



headspace is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. headspace welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

