

Rachel Denzel BNutrDiet(Hons) & PGCertPH
Clinical Dietitian and eClinic Service Manager,
InsideOut Institute eClinic, SYDNEY

Rachel Denzel is a Clinical Dietitian who has more than eight years' experience working in the eating disorder space. She has worked across specialist services in inpatient and outpatient eating disorder settings within the public system.

Rachel has a background in clinical dietetics and post graduate studies in public health. She has clinical experience working with adults and young people with eating disorders and disordered eating, across inpatient and outpatient settings. She worked as an Eating Disorder Coordinator at Northern Sydney Local Health District, where she played a key



role in expanding and enhancing eating disorder services across the district.

Rachel is passionate about supporting recovery by contributing to service planning and improving access to quality care.

She is currently Service Manager for the eClinic at the InsideOut Institute for Eating Disorders, Sydney – Australia's first institute for research and clinical excellence in eating disorders. The Institute aims to provide every Australian living with an eating disorder, access to the best possible care, by reassessing eating disorders from the "inside out".

The eClinic is Australia's first free, fully online, national treatment hub for eating disorders. It offers flexible, self-paced programs, including BEeT for binge eating and bulimia nervosa, SkilledED for a wider range of eating disorder symptoms, SupportedED for carers, and a Healthcare Professionals (HCP) Hub. By removing traditional barriers to care, the eClinic ensures access to vital support when they need it most, regardless of their postcode, socio-economic status, or cultural background.

Rachel and the team at the InsideOut Institute are passionate about shifting how eating disorders are perceived and treated across the health system, and in the wider community. Their work is driven by a commitment to clinical excellence, policy leadership, and research that translates into better practice and improved health outcomes.

"The launch of the eClinic represents a transformative step in accessible, evidence-based care, empowering patients and their carers with timely support, regardless of their location."

To learn more about the InsideOut Institute's eClinic, head to eclinic.insideoutinstitute.org.au or email admin@insideoutinstitute.org.au.

Should you suspect you, or a loved one, may be living with an eating disorder, speak to your local healthcare practitioner without delay, or head to insideoutinstitute.org.au to complete their online screener and assessment, and to access more information and professional support.

Australian professional patient support services offering 24/7 helpline services include:

- **Butterfly National Helpline: 1800 334 673**
- **Beyond Blue: 1300 22 4636**
- **LifeLine: 13 11 14**
- **Men's Line Australia: 1300 78 99 78**
- **Kids Help Line: 1800 55 1800**

To coordinate an interview with Rachel Denzel, please contact:

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