# Resources and further information to accompany episode 6: Body Image and Appearance

In this episode, Tess and Polly explore Body image and Appearance. What do we mean when we talk about body image and what perceptions do you have of your own and others’ appearance if you are blind or have low vision?

You can catch up or listen again to the podcast [here](https://varadio.podbean.com/e/nothings-off-limits-body-image-and-appearanceep6/).

If you want to follow up on any of the resources mentioned in the podcast or learn more, we’ve pulled together the following to help you find out more.

**If you are affected by any of the issues in this episode, please contact Lifeline on 13 11 14 or at** [**https://www.lifeline.org.au/**](https://www.lifeline.org.au/)**. Or contact the Butterfly Foundation: the national charity for all Australians impacted by eating disorders and body image issues on 1800 33 4673 or at** [**https://butterfly.org.au/**](https://butterfly.org.au/)

## Resources mentioned in the podcast

We mentioned Vision Australia’s partnership with Melbourne Fashion Festival. In 2021, we provided Audio Description for 3 amazing site-specific runways which you can catch again here:

Redwood Forest runway: <https://melbournefashionfestival.com.au/runway-3-ad>

CBD Runway: <https://melbournefashionfestival.com.au/runway-1-ad>

Urban Surf runway: <https://melbournefashionfestival.com.au/runway-5-ad>

## Other resources

### Videos/Webinars and Podcasts

Vision Australia’s check in and chat webinar on Getting into Fashion with Melbourne Fashion Festival’s Chloe Norton: [www.youtu.be/mBAbEp4dVmE](http://www.youtu.be/mBAbEp4dVmE)

Vision Australia’s ‘Dress with Style’ webinar: <https://visionaustralia.podbean.com/e/dress-with-style-webinar/>

### Apps and Websites

The website of The Butterfly Foundation, the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them: <https://butterfly.org.au/>

Article on Health Direct website about body image: <https://www.healthdirect.gov.au/body-image>

Article on body image and mental health on the US Department of Health and Human Services website: <https://www.womenshealth.gov/mental-health/body-image-and-mental-health/body-image>

Eating Disorders Families Australia website: <https://edfa.org.au/>

### Further Reading

An article in Elle magazine on Body Positivity v. Body Neutrality: <https://www.elle.com/beauty/a35364611/body-neutrality-over-body-positivity-for-me/>

Ragtrader article on inaccessibility in fashion: <http://www.ragtrader.com.au/news/australian-brands-are-ignoring-20-of-the-population>

To explore more of the podcasts in the Nothing’s Off Limits series please visit [www.visionaustralia.org/nolimits](http://www.visionaustralia.org/nolimits)

All links correct at time of publishing.

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