

## How to contact us

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### ADULT EATING DISORDER SERVICE

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Asheigh House  
St Lukes Hospital  
Loughgall Rd Armagh  
Tel: 028 3756 1936

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### VOLUNTARY SERVICE

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AMH-Adapt  
13 Church Street  
Portadown, BT62 3LN  
Tel: 028 3839 2314  
vbaird@amh.org.uk  
Adapt provides support to users  
and carers with eating difficulties

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### CARERS

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Carers and family members can act as good support when trying to recover from your difficulties. They are welcome to join the end of sessions if you feel it is beneficial and only with your consent.

Carers assessments are available and can be carried out by the team.



## What if I have a comment, suggestion, compliment or complaint about the service?

- > Talk to the people directly involved in your care
- > Ask a member of staff for a feedback form, or complete a form on the Trust website; [www.southerntrust.hscni.net](http://www.southerntrust.hscni.net) (click on the 'Contact Us' tab)
- > Get Involved - you can help doctors, nurses, social workers and other health care staff in the planning, development and evaluation of services. Speak to the person who is responsible for your care or register online; [www.southerntrust.hscni.net/about/1593.htm](http://www.southerntrust.hscni.net/about/1593.htm)

Personal and Public  
Involvement (PPI)



Involving you,  
improving care

[www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk)



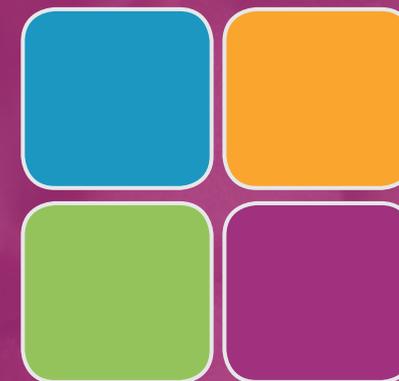
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Southern Health  
and Social Care Trust

*Quality Care - for you, with you*

# MENTAL HEALTH ADULT EATING DISORDER SERVICE



INFORMATION LEAFLET

## Introduction

The Southern Trust Adult Eating Disorder Service provides therapy to males and females aged 18 and over in clinics throughout the trust.

We treat people with;

- > Anorexia Nervosa
- > Bulimia Nervosa
- > Atypical Eating Disorders

We treat all levels of severity within the specialist Eating Disorder Service from mild/moderate to severe and enduring Eating Disorders.

## I have been referred to The Eating Disorder Team What does this mean?

A GP or other health care professional has referred you to the service because they may be worried about your weight, your behaviours around food and eating, or your thoughts around food eating, weight and shape

## What happens after I have been referred?

If your referral is deemed as urgent you will be contacted to arrange an assessment. If it is routine your name will be placed on a waiting list.

You will be contacted either by letter or phone to arrange an assessment appointment.

Assessment usually lasts 1.5-2hrs and looks at your current difficulties in relation to eating weight and shape and also looks at your previous life experiences and how they may have influenced you being unwell.

Assessment is usually 1:1 but if you feel it is important a friend or family member can sit in for part or all of the assessment. Your therapist can discuss this with you at assessment

## What can I expect from the team/service?

You will be allocated a therapist who will work with you collaboratively to assess the problem and create shared goals. Our dietician can help you generate a meal plan. You will have a care plan and formulation that will help you to understand your difficulties.

## Team specific info

Our team is based in Ashleigh house Armagh but we run satellite clinics throughout the trust in Lurgan, Dungannon, Newry.

We try to allocate you to a clinic close to home where possible

Your therapist will usually see you weekly at the same time on the same day. Sessions last 50 mins.

We use a multidisciplinary team approach and the team consists of Consultant Psychotherapist, Eating Disorders Practitioners (therapist) and a Dietician