

Contacts and reading

Local Recovery Group – Please contact Frederike Jacob or Mary McDermott on 07803 249114.

Skills-based learning for caring for a loved one with an eating disorder.

The new Maudsley method.

Treasure, J., Smith, G., & Crane, A. (2007). East Sussex Routledge.

When your child has an eating disorder.

Natenshon, A. (1999).

California, Jossey-Bass Inc.

Getting better bit(e) by bit(e).

A survival kit for sufferers of bulimia nervosa and binge eating disorders.

Schmidt, U., & Treasure, J. (1999).

East Sussex, Routledge.

Anorexia nervosa. A survival guide for family friends and sufferers.

Treasure, J. (2005).

East Sussex, Routledge.

National eating disorders - www.b-eat.co.uk

NICE Guidelines – www.nice.org.uk search 'eating disorders'

**For further details, contact:
Eating Disorders Service at CAMHS,
5 Ivry Lodge, Ipswich IPI 3QW
Tel: 01473 220370**

If you require this information in your language or in another format, please contact: 0800 58 55 44

Bengali

আপনি যদি এই তথ্য অনুবাদ করতে চান, তাহলে অনুগ্রহ করে 0800 585544 ফ্রিফোন নম্বরে কল করুন

Chinese (Simplified)

如果你需要这些信息的翻译稿，
请拨打免费电话0800 585544

Kurdish

ئەگەر پێویستت بھوھێ ئەم زانیاریەت بۆ
تەرجمە بکەیت، تکایە تەلەفون بکە بۆ
0800 585544 ژمارە ی خۆراپی

Polish

Jeżeli potrzebujesz tłumaczenia tej informacji,
zadzwoń pod bezpłatny numer 0800 585544

Portuguese

Se precisar desta informação traduzida,
ligue para o número de telefone gratuito
0800 585544

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social & economic status.

Norfolk and Suffolk NHS Foundation Trust,
St Clement's Hospital, Foxhall Road, Ipswich IP3 8LS.

Tel: 01473 329000

Web: www.nfst.nhs.uk

NSFTS\Comms 0426

Norfolk and Suffolk 
NHS Foundation Trust

Eating Disorders Team

Information for young people

Suffolk child and adolescent mental health services

What are eating disorders?

Many young people will have worries about eating, weight and shape which are normal during adolescence, however sometimes these worries can escalate into an eating disorder such as anorexia nervosa and bulimia nervosa. These have a very serious impact on many aspects of a young person's life. The symptoms may include weight loss, unusual eating patterns, over exercise and physical complications. With appropriate treatment recovery is likely.

The team

We are an outpatient eating disorders treatment team based within the child and adolescent mental health service (CAMHS). The team includes clinical psychologists, consultant psychiatrist, nurse specialist, dietician and team secretary.

How do young people get referred to the team

You may be referred to the CAMHS eating disorders team by your family doctor, paediatrician or another health professional.

The assessment process – what can I expect?

Assessments are carried out by two clinicians and take between one and one and a half hours. In most cases young people attend with their parents. We are interested in how your eating disorder developed and how it affects all aspects of your life and the lives of those around you.

At the assessment we will take some physical measures such as your height and weight. We may also complete other physical health checks i.e. blood pressure and body temperature. We may also recommend that you see your family doctor for blood tests and any other physical checks required – we will talk to you about this when we meet you.

What can we offer?

After assessment we will discuss with you treatment options based on the National Institute of Clinical Excellence (NICE, 2004) guidelines. Usually, you will be offered individual and family work and appointments with the consultant psychiatrist and other clinicians as necessary.

We will work together with you and your family to manage the risk to your mental and physical health to aid your recovery.

Your care co-ordinator will review your treatment with you so you can tell us when things are difficult and you can be the expert on your illness.

Confidentiality

The information you tell us will be kept private and we do not share information outside of the team without asking you first.

You will be allocated a care co-ordinator who, with your permission, will talk with other professionals involved so that you get the best care.

We may have to share information with others if there is a significant risk but will try to discuss this with you first. Please feel free to ask us any questions you have about confidentiality.