

# Information sheet

## Mental Health and Addiction Services—Eating Disorders Service

### Eating Disorders Service

**Our care is:** family inclusive, recovery-oriented, evidence-based, consumer and carer inclusive.



#### What we do

The Eating Disorders Service provides assistance and offer treatment advice regarding individuals with an eating disorder/disordered eating to the community sector, general practitioners (GP), medical and mental health clinicians across community settings within Sunshine Coast Hospital and Health Service's catchment.

These services can be provided where appropriate via telephone; videoconferencing; teleconferencing. These include:

- treatment recommendations
- single session specialist consultation clinic for assessment/diagnostic clarification
- time limited individual therapy sessions.

We encourage inclusion of a family member or support person, and ensure referring GPs are informed of the outcome and any further recommended actions.

#### Referral

Consumers eligible to access this service will be 18 years and above with disordered eating cognitions and/ or behaviour.

A referral (can be accessed via the [SCHHS website](#), the PHN website or by fax) will need to be completed by a GP for risk assessment and to ensure ongoing medical monitoring. Once the referral is received we will schedule an appointment as soon as it is available.

#### Assessment / consultation clinic

The Eating Disorders Service provides a weekly specialist consultation clinic for consumers to meet with specialist eating disorder practitioners for a comprehensive assessment. This includes medical and nutritional aspects as appropriate.

#### Psychological Support

If suitable, individual psychological therapy will be delivered by experienced clinicians using evidence- based practice. These therapies are time limited requiring a 6 to 12 month commitment over 20 to 40 sessions depending on the need.

#### Who we are

- Psychiatrist
- Mental health nurse
- Allied health specialists.

#### Other available services

- [Queensland Eating Disorder Service](#) (QuEDS)
- The [Butterfly Foundation](#)
- [Eating Disorders Queensland Ltd](#) (formerly The Eating Issues Centre and the Eating Disorders Association)

#### Helpful resources

- [QuEDS: A guide to admission and inpatient treatment for people with eating disorders in Queensland](#)
- The [Carers Help Kit](#)

#### Contact us

For more information contact the eating disorder service intake officer:

- phone: 5202 9500 (Monday to Friday 9am to 12pm)
- email: SC-MHAS-EDS@health.qld.gov.au
- fax: 5202 9501
- after hours: 1300 MH CALL (1300 642 255).

**The service is provided free of charge for Medicare eligible individuals.**

## How are we doing?

Sunshine Coast Hospital and Health Service is committed to providing exceptional patient care. We would love to hear your feedback about your experience with us. Your compliment, complaint and suggestions will assist us to identify what things we are doing well and what we need to improve. Your feedback will help us to provide the best possible care and service to our patients and families.

## Submitting feedback

- talk to any staff member within the hospital
- talk to a senior manager within the hospital
- complete a compliment or complaint feedback form, ask a staff member for a form.

If you have concerns a Patient Liaison Officer can help you. Contact them on 5470 5085. You can also ask to speak with an Independent Patient Rights Adviser, contact 5470 5546.

## Office of the Health Ombudsman

If you submitted feedback and are unhappy with the way your concern was handled, you can contact the **Office of the Health Ombudsman**. They offer a free, impartial and independent service if you have a complaint about a health service provided to you, a family member or someone in your care.

**Telephone:** 133 646 (131 OHO)

**Online:** [www.oho.qld.gov.au](http://www.oho.qld.gov.au) **Email:** [complaints@oho.qld.gov.au](mailto:complaints@oho.qld.gov.au)