

## What if I have another problem as well as my eating disorder?

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Alongside your eating issues if you are experiencing other difficulties such as depression, alcohol or drug misuse you will be supported to attend other specialist services within the trust.

## Are there any other sources of help?

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There are a range of services locally, regionally and online offering support and self help groups. Some of these include:

### **Eating disorder support group**

Derry Well Woman  
Queen Street, Derry  
Tel: 028 71360777  
[www.derrywellwoman.org](http://www.derrywellwoman.org)

### **Eating Disorders Association (NI)**

28 Bedford Street  
Belfast  
BT2 7EF  
Tel: 028 90235959  
[www.eatingdisordersni.co.uk](http://www.eatingdisordersni.co.uk)

### **Beat**

[www.b-eat.co.uk](http://www.b-eat.co.uk)  
Help line: 0845 063401414

### **Carers Advice & support**

[www.carersuk.org/northernireland](http://www.carersuk.org/northernireland)

### **The Eating Problems Service**

[www.eatingproblems.org](http://www.eatingproblems.org)

### **Medical information & Support**

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

### **Lifeline (Crisis response helpline)**

0808 808 8000

### **Western Urgent Care (GP out of hours)**

Tel: 028 7186 5195

## What if I am unhappy about the care or treatment received?

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Most issues can be resolved without having to make a formal complaint, so try speaking to your Therapist or the Team Lead of service. If you are still unhappy with this explanation or course of action you have the right to make a formal complaint. Your complaint will be investigated and you will be given a full and prompt reply as per Western Trust Policy.

### **Complaints Department**

**WHSCCT Head quarters**  
**Altnagelvin Hospital**  
**Glenshane Road, Londonderry**  
**BT47 6SB**  
**Tel: (028) 7134 5171**

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# Eating Disorder Service

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Supporting Adults in their Recovery  
from Eating Disorders

Adult Eating Disorder Service  
Old Bridge House  
Glendermott Road  
Londonderry  
BT47 6AU  
Tel: 028 7132 0165

## **What is the Eating Disorder Service?**

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The Eating Disorder Service is a specialist service. We assess and offer treatment to people with a severe Eating Disorder. We provide an outpatient service for adults age 18-65 years both male and female. Our service is available within the areas of Enniskillen, Omagh, Strabane, Derry and Limavady. It is available 9-5pm Monday to Friday and we provide outreach clinics in all areas if you are unable to travel.

## **Why have I been referred?**

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You may have been referred to the Eating Disorder Service by your GP or other Health Professional. This is so we can assess your difficulties around eating and determine whether or not you have an Eating Disorder.

## **What happens when I come for my first appointment?**

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Your first appointment will involve you talking with one of our qualified eating disorder therapists in order to help you identify areas of your life that you are currently finding difficult and changes you would like to make. It will help us to think about ways in which our service might be able to help you.

The appointment usually lasts up to 2 hours, and if you wish, you may bring a relative, carer or friend with you.

## **Will I be offered Treatment?**

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The eating disorder therapist will discuss with you the type of help that is available. We will then make you an offer of treatment. However, it may be that treatment with our service is not appropriate. If this is the case we will do our best to help you make informed choices by suggesting alternative sources of help through sign posting or direct referral.

## **How long will I have to wait?**

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If you decide that you wish to accept treatment, then your name will be placed on a waiting list. If your clinical need is assessed as urgent at assessment you will commence treatment straight away. We keep you informed of how long you may have to wait.

## **What will treatment involve?**

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Treatment will usually involve a series of regular outpatient appointments. Your eating disorder therapist will agree a treatment plan with you which will also involve other members of our team.

## **Our Team:**

### **Eating Disorder Therapists**

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Our eating disorder therapists will work with you to gain an understanding of what is keeping your eating disorder going. The main style of therapy used will be Cognitive Behavioural Therapy that is specially adapted for eating disorders or CBT-E. Put simply, it focuses on how your thoughts and feelings affect your behaviour and the impact this has on your everyday life.

### **Dietitian**

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Our dietitian will assess your nutritional requirements and work with you to achieve a healthy balanced diet through dietary education, meal planning and setting nutritional goals.

### **Occupational Therapist (OT)**

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Our OT will assess how your eating disorder is affecting your functioning in daily life. Through the use of meaningful activities our OT will work with you to learn new skills and re-establish activities such as meal preparation, shopping, socialising, finding enjoyment in activities, and participating in education, volunteering, or work.