

KENT & MEDWAY

Information for patients, service users, families and carers

Eating disorder service

Kent and Medway



EATING
DISORDER
SERVICE

**KENT &
MEDWAY**

Introduction

The eating disorder service for Kent and Medway is a specialist service. Our service aims to bring hope and confidence to those who have an eating disorder and to enable them to take back control of their life by overcoming their eating disorder.

Eating disorders involve disturbances in eating behaviour, such as extreme and unhealthy restriction of food intake and/or severe overeating, as well as feelings of distress or extreme concern about body shape and/or weight. Such disturbances can put your physical health and functioning at risk. Eating disorders can be triggered by a variety of causes such as genetics, psychological and/or social influences. More often they are a way of coping with difficult thoughts, emotions or experiences.

Commonly people with eating disorders feel that controlling their eating habits is the only way they can maintain control of their life, when in fact the eating disorder begins to control them.

The eating disorder service for Kent and Medway is here to provide you with support and to help you.



Who are we?

Our service offers specialist care management, assessments and treatments, in line with the National Institute for Health and Care Excellence (NICE) guidelines, to adults and children with eating disorders.

As well as working with individuals, we also work with families and carers to help them support the person they care for who has an eating disorder.

We work closely with other services to enable us to provide the best possible care and support.



What do we provide?

Our treatment is tailored to the needs of patients, service users and their families or carers and includes specialist assessment and treatment to people with:

- anorexia nervosa
- bulimia nervosa
- generalised eating disorder (known as EDNOS – Eating Disorders Not Otherwise Specified)

We will provide an initial assessment so that we can work with you to understand your needs and your concerns. Once we have all the information we will work with you to agree an appropriate care plan to support you.

The main treatment options offered by the service are:

- cognitive behavioural therapy
- family therapy
- physical health monitoring
- dietetic advice and support
- medical assessment, medication and monitoring

Your care plan will be tailored to your needs in order to ensure you receive the best service for you.

The eating disorder service team includes a consultant psychiatrist, specialist adult and children's mental health nurses, cognitive behavioural therapists, family therapists, dieticians and psychologists.



How do I access the service?

We accept referrals from GPs and health professionals based on the following criteria:

- you are registered with a GP in Kent and Medway
- you are over the age of 8 years old (with no upper age limit)
- you are considered to be suffering from, or potentially suffering from an eating disorder

You can also make a self-referral to the service if you feel that you need support. You can do this by calling **0300 300 1980**.

How long will I wait to see someone?

We will aim to offer you an appointment within four weeks of being referred.

What do I do if I need immediate help?

If you feel like you need help straight away you can take the following steps to ensure you keep yourself safe until we can see you:

- talk to someone you feel comfortable with and trust about how you are feeling so they can help direct you to get the right help
- during the week from 9am – 5pm, you can contact our service on **0300 300 1980**
- if you need to contact us outside of the hours mentioned above you can call **0300 555 1200** for immediate short-term support/advice



Would you like this information in another format?

For copies of this information in a different language, or a different format such as braille, audio or larger print, please contact our equality and diversity team on **0300 555 1201** ext. **65076**.

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