

What about Confidentiality?

All your information given to us by your referrer or by yourself at the assessment will be protected within the Eating Disorder Team. However, we do write to your GP or referrer to explain the outcome of the meeting.

We will only disclose information to another person with you/your parents consent, except that is when there is a risk to yourself or others. Whenever confidentiality can not be guaranteed a member of our team will discuss this with you.

What happens after my assessment appointment?

From the assessment we will see how best we can help you. We will offer you specific support to help with your eating problem.

In some cases having assessed you, we may feel another specialist is better able to help you and in this instance we will contact your GP to refer you on to alternative specialist help.

When you are being seen for treatment we will arrange to see you in your local area, Lichfield, Cannock, Stafford, Tamworth & Burton Upon Trent



Together we are making life better for our communities

CAMHS

Eating Disorder Service

FOR YOUNG PEOPLE, PARENTS AND CARERS

Telephone: 0300 123 0997
Email ced.scyp@nhs.net

What if I can not make my appointment?

If for any reason you can not attend your assessment appointment, please contact our service to re arrange.

A member of the team will contact you to arrange an assessment appointment. Dependant on the urgency and risk this may be at short notice.

Occasionally we ourselves have to rearrange appointments. This is often unavoidable and if this does happen we attempt to let you know in good time.

What about my family?

Our support will include meeting with you and your parents or carer's as eating disorders often affect the people close to us causing distress.

If I have any further questions whom can I contact for information and advice?

We hope that the information provided in this leaflet has been helpful and that it has answered any questions you have about meeting with us.

If you would like more information you can contact our CAMHS Eating Disorder Team

Monday - Friday

Tel: 0300 123 0997



CAMHS

Eating Disorder Service

FOR YOUNG PEOPLE, PARENTS
AND CARERS

South Staffordshire CAMHS Eating Disorders Service provides a specialist out-patient assessment and treatment for young people suffering from eating disorders.

We help young people to restore physical health and emotional well-being through therapy and support, focusing on positive ways to manage eating difficulties.

We work with young people suffering with:

- * Anorexia Nervosa
- * Bulimia Nervosa
- * Binge Eating Disorder

And those who have difficulties with eating that don't match the above descriptions called:

- * Other Specified Feeding and Eating Disorders (OSFED)

If you have experienced any of the following you may find this specialist help beneficial:

- * Feeling unable to control impulses to overeat
- * Feeling fat when others tell you that you are thin
- * An intense fear of being fat
- * A desire to over exercise after eating
- * Being told you are anorexic or bulimic
- * Feeling that the only thing you can control in life is your diet
- * Impulse to be sick after eating or overeating

In addition you may experience the following:

- * Experiencing guilt and fear that if you do not control your needs they will control you
- * Feeling worthless and lonely

Where will I be seen and who will see me?

Your initial appointment will be carried out at our assessment clinic in Litchfield.

At this appointment you will meet several members of the team who will spend time with you and your family, exploring your difficulties and how to best support you.

Our team consist of various health professionals such as; nurses, psychiatrists, psychological therapists and dietitians, all of which have experience in working with young people who have eating disorders.

The Assessment

Your GP or health professional has requested that we meet to discuss the difficulties you are having with your eating. This may cause you come anxiety so this leaflet aims to reassure you and answer some of the questions you may have.

What should I expect to happen at the assessment meeting?

The meeting is carried out in a relaxed manner with you and your parents or carers, We will discuss the difficulties regarding your current eating problem.

This information will help us decide whether or not our treatment will be the right treatment to help you to feel better.

During the assessment it will be necessary to weigh you and measure your height. We may also ask you to have blood tests and an electrocardiogram (ECG) in order to help us access you physical health.