



### What can I do now?

Whilst we deal with your referral, here are some other sources of support:

#### Websites

- [www.b-eat.co.uk](http://www.b-eat.co.uk) - Eating Disorder Charity that offers support
- [www.nhs.uk/conditions/eating-disorders](http://www.nhs.uk/conditions/eating-disorders) - For further information
- [www.youngminds.org.uk](http://www.youngminds.org.uk) - The voice for young people's mental health
- [www.anorexiabulimiare.org.uk](http://www.anorexiabulimiare.org.uk) - Charity that offers advice and support

#### Helplines

B-eat Youthline: 0845 634 7650 C

ChildLine: 0800 1111

#### Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk.

### Addresses

- Dudley CAMHS, The Elms Health Centre, Halesowen, Dudley, West Midlands, B63 2UR. 01384324689
- Walsall CAMHS, Canalside, Abbots street, Bloxwich, Walsall, WS3 3BW 01922607400

### How do I give feedback about the service?

If you have a suggestion, compliment or concern about the service, please speak with a member of the team. Alternatively, you can contact the Service Experience Desk (SED) which is the central point of contact for all concerns, enquiries, formal or informal, complaints, compliments or suggestions. We welcome any comments you may have on the service we provide. You can contact SED on:

**Tel:** 0300 555 0535

**Email:** [SED@dwmh.nhs.uk](mailto:SED@dwmh.nhs.uk)

**Address:** Service Experience Desk, Second Floor, Trafalgar House, 47-49 King Street, Dudley, DY2 8PS

If you require this leaflet in another language or format such as large print, braille or easy read please contact the communications team on 01384 325022 or email [communication@dwmh.nhs.uk](mailto:communication@dwmh.nhs.uk).

## Dudley and Walsall Child and Adolescent Mental Health Services (CAMHS)

# Specialist Eating Disorder Clinic

Information for young people and their parents, guardians and carers



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### What is an eating disorder?

A lot of young people worry about their body weight, body shape or eating. For some, these worries become really overwhelming which can turn into a serious eating disorder.

### What are some of the signs?

Someone with an eating disorder might compulsively diet or skip meals in order to lose weight. Regularly overeating and experiencing loss of control over what, when or how much to eat can also be signs of an eating problem.

### What types of eating disorder are there?

- **Anorexia Nervosa (AN):** Someone with anorexia nervosa worries all the time about food, eating, body weight or body shape. They will struggle to eat a normal amount and at times may feel the need to engage in behaviours to help them lose weight and risk their health
- **Bulimia Nervosa (BN):** Someone with bulimia nervosa also worries a lot about body weight and body shape. They get stuck in a cycle of not eating much to eating a lot and feeling a loss of control. They may make themselves sick in order to monitor their weight.
- **Binge Eating Disorder (BED):** Someone with binge eating disorder may often find themselves binge eating, feeling out of control leading them to feel guilty and ashamed.

- **Eating Disorder Not Otherwise Specified (EDNOS):** This is when someone has considerable difficulty and distress around eating or their body. Sometime they may have features of other eating disorders but not all.

### What is the CAMHS Eating Disorder Service?

We are a team of skilled professionals set up to help young people up to the age of 18 in Dudley and Walsall who are experiencing issues with food, eating, body shape and weight concerns. We are part of the Child and Adolescent Mental Health Service and aim to improve the lives of young people. We accept referrals from GPs, healthcare professionals, Social workers and your key worker if you are already in CAMHS.

### Who are we?

All of us in the team have experience working with young people and their families to improve mental health and are particularly passionate about improving the lives of young people with Eating Disorders. Members of the team include:

- **Specialist Nurses:** Offers support to help make changes and motivate you towards recovery, as well as offer advice around food choices and lifestyle.
- **Psychologists:** Talk to you to help make sense of your difficulties and develop positive skills.
- **Family Therapists** Offers your family a supportive space to talk about their experiences and work together to help.

- **Consultant Psychiatrist** A senior doctor who oversees the emotional and physical wellbeing of young people and helps support your recovery

**We all pride ourselves on being non-judgmental and working with you in order to make life better.**

### What treatment is available?

Our team aim to improve the lives of young people, by working with them to overcome their challenges.

Your treatment may include, all or a combination of some of the following:

- **Individual work**
- **Body image work**
- **Weekly Physical Health monitoring**
- **Tailored dietetic support**
- **Family Work**
- **Medical support**