



## **Information sheet for clients and their whānau/family and friends**

*If you are reading this it is likely that you have disordered eating/eating disorder problems, or you are affected by someone in your life who has disordered eating/eating disorder problems.*

### **Service description**

The Southern Support Eating Disorder Service (SSEDS) is a community-based eating disorder service, based in Dunedin that covers the Southern geographical region (Waitaki, Otago, Southland, and Central Otago). This service operates under the Governance of Ashburn Clinic.

### **Mission and Purpose of the Service**

The southern Support Eating Disorder Service (SSEDS) provides early identification, brief intervention, evidence-based treatment, and recovery-oriented community services for people requiring support for disordered eating and eating disorder issues.

### **People most likely to use SSEDS are**

People with or without a diagnosed eating disorder who present with a suspected, developing, or identifiable eating disorder. People with early onset or severe enduring eating disorders who need to be monitored. Family/whanau member requiring information and support

### **Referrals**

Referrals can be received from any source, including General Practitioner, practice nurse, mental health clinician and self-referral. Referral process must be made through a GP with information including the referral urgency, client's clinical presentation and medical history, a physical assessment, including observations, blood tests and an ECG. The GP remains an important point of ongoing contact during the assessment and treatment processes.

### **Eligibility**

For all referrals the criteria for an initial face-to-face screening assessment are based on the person having a suspected, developing, or identifiable eating disorder. Some referrals will represent a decision to provide clinical management advice and support only, or provision of resources to the referrer. Some referrals will represent a prompt decision to refer to another more appropriate agency.

### **Southern Support Eating Disorder Service**

Private Bag 1916, Dunedin 9054

0800 328 744

sseds@ashburn.co.nz