

Contact us

(for people with a Liverpool or Sefton GP):



Eating Disorder Service
Rathbone Hospital
Mill Lane
Liverpool, L13 4AW
Phone: **0151 471 7751**



Mersey Care
NHS Foundation Trust

For more support on how to speak to your GP, or if you're concerned about someone who you believe may have an eating disorder, the BEAT website (UK's Eating Disorder Charity) can offer support and advice <https://www.beateatingdisorders.org.uk>.

Eating Disorder Service

Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver. If you have any comments, compliments or concerns you can speak with a member of staff or contact our Patient Advice and Liaison Service (PALS) and Complaints Team.

Phone: **0151 471 2377** Freephone: **0800 328 2941**
Email: palsandcomplaints@merseycare.nhs.uk

To request this leaflet in an alternative format or language, please speak to a member of staff.

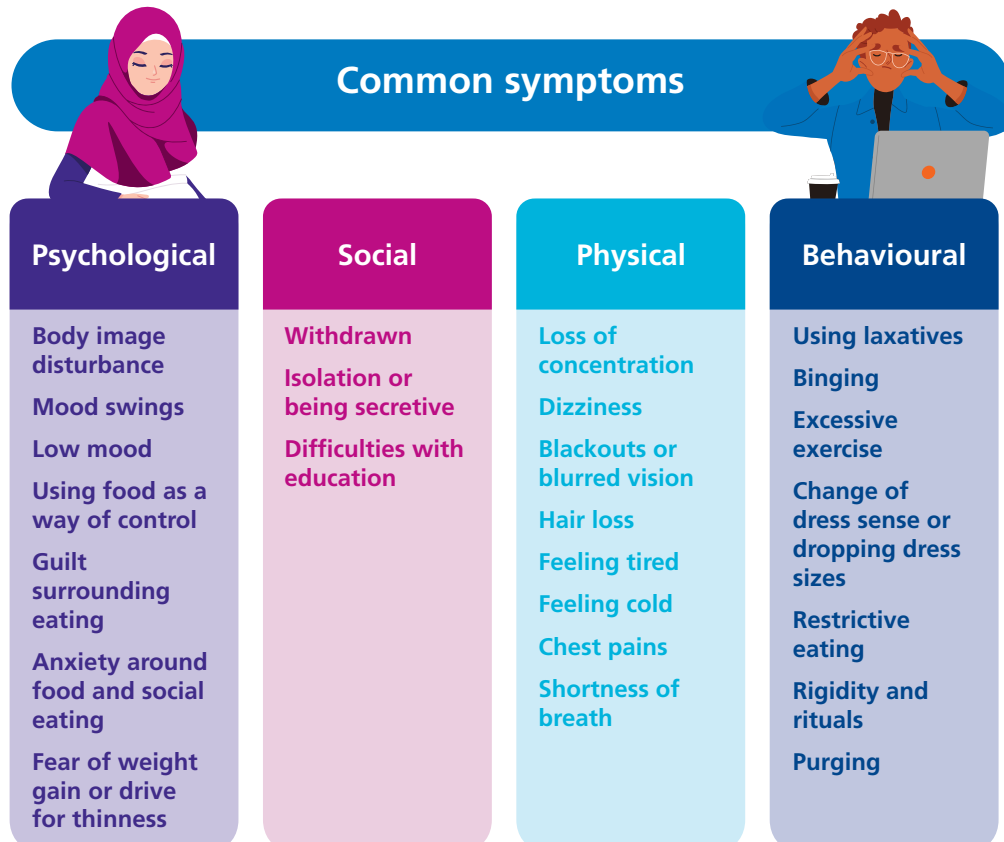
Mersey Care NHS Foundation Trust, V7 Building, Kings Business Park, Prescot, Merseyside L34 1PJ



Our service

Our Eating Disorder Service is a psychological therapies service providing psychological assessment, formulation and intervention for adults (aged 16 and over) who are experiencing an eating disorder. We offer a range of evidence based therapies including Cognitive Behavioural Therapy (CBT) and Cognitive Analytic Therapy (CAT), delivered in both individual and group settings. We also offer consultation to other services when direct working is not considered the most appropriate form of intervention.

It's estimated that 1 in 50 people have an eating disorder in the UK, however, many would not be able to recognise the signs and symptoms. Our teams are made up of clinicians with specialist knowledge and skills to assess and support people who have an eating disorder.



Who is our service for?

Eating disorders can affect anyone of any age, background, gender and ethnicity, at any time of life. We provide assessment and support for people experiencing difficulties with their eating behaviour and body image.

There is a common misconception that eating disorders only occur in people with a low weight or body mass index (BMI). Within our service, we see a wide variety of eating disorder presentations and weight ranges. We do not have any inclusion/exclusion criteria based on weight.

Accessing our service

Whilst eating disorders are serious mental health conditions, it is possible to make a full recovery, no matter what the duration. The earlier someone can access support for their eating disorder, the better chance they have of making a full recovery.

To access the service, we need a referral from the general practitioner (GP). Eating disorders can significantly affect physical health. Because of this, it's essential that the GP completes physical health monitoring as part of the referral process, to help us understand and manage any risks. They will also ask questions about your eating behaviours and the thoughts and feelings you have around eating and your body.

They will then be able to work with you to decide what type of support would be most helpful for you and if appropriate, they will be able to refer you onto our service for an assessment.

Your GP will take your height and weight as a compulsory part of the referral. If this is not provided at referral, it may delay access to the service. Your GP will remain responsible for your physical health and medical monitoring whilst you access our service. This may include regular blood and blood pressure testing.