

Referrals can be made by:

- > Phone – during business hours (Monday to Friday, 9am to 5pm). Excluding public holidays.
- > Fax – Health professionals can download the Medical Practitioner Referral Form (for GPs and Physicians) or the Non-Medical Practitioner Form (for other Medical Specialists and Allied Health Clinicians) from www.sahealth.sa.gov.au/SEDS and fax them to (08) 8198 0899.
- > Alternatively, please call us on (08) 8198 0800 and we will send you the forms.
- > Our referral forms and the Brief guide to Medical Monitoring are also available through Medicare Local websites.
- > All referrers will receive acknowledgement we have received the referral on receipt. You will be regularly updated about the progress of the referral by our clinical staff.

Further Information for Professionals

SEDS is not staffed by medical physicians. We need to work alongside a person's GP to make sure safe, regular medical care and monitoring occurs while we are working with the patient.

If you are a Medical Specialist, Private Psychiatrist or other Health Care Professional referring to SEDS, please forward the Medical Practitioner Referral Form and Brief Guide to Medical Monitoring to the appropriate GP.

We prefer to have a baseline medical assessment completed prior to seeing new clients. This helps us to assess and plan treatment for your patient or client efficiently and help them on the road to recovery sooner.

Further Information for Families and Carers

We understand it can be difficult to have a loved one living with an eating disorder. Our aim is to support you and provide you with accurate information and guidance when you ask for it.

Information for students completing projects/placements

At SEDS, we are unable to respond to requests for educational placements or assistance in completing school/university/TAFE projects.

SEDS offers a range of formal placements and research opportunities, through the South Australian universities. Please contact your placement supervisor or research head for details.

How to contact SEDS

The SEDS office is open Monday to Friday, 9am to 4:30pm (excluding public holidays)

Address: 2A Jetty Road, Brighton SA 5048
Phone: (08) 8198 0800
Fax: (08) 8198 0899

An intake worker is available during business hours and will attempt to respond to your enquiry promptly however SEDS is not an acute or crisis service.

For urgent medical concerns please call 000 or present to your local Emergency Department.

For urgent mental health support contact Mental Health Triage 13 14 65.

For more information

Statewide Eating Disorder Service (SEDS)
2A Jetty Road, Brighton.
South Australia 5048
Telephone: (08) 8198 0800
Facsimile: (08) 8198 0899
www.sahealth.sa.gov.au/SEDS



www.ausgoal.gov.au/creative-commons

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Statewide Eating Disorder Service (SEDS)



What is the Statewide Eating Disorder Service (SEDS)?

The Statewide Eating Disorder Service is a specialised mental health service for South Australians. We provide assessment, care and information to people living with an eating disorder, their families and carers. We also provide support, advice and education to health professionals and other service providers working with patients, clients and families where there is an eating disorder developing or has already been diagnosed.

The focus of SEDS is in the assessment, treatment and support of people with Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Other Specified Feeding or Eating Disorders (OSFED). Our multidisciplinary team can work alongside the person, their family and any other supports to develop a treatment plan. SEDS uses and promotes evidence based treatment options to build on motivation for change and the path to recovery.

What services does SEDS offer?

Assessment and Treatment Planning

- > Members of the multidisciplinary team use their expertise and experience to diagnose the eating disorder carefully.
- > Treatment recommendations tailored to the needs of the individual and their family.
- > These recommendations can then be built into the care plan designed to assist the person to reach their goals for recovery.

Medical Complication Care

- > SEDS works closely with FMC ED, Paediatric and Medical Departments to provide lifesaving care for the medical complications of low weight or other acute medical issues related to eating disorders. Women's and Children's Hospital also provides medical stabilisation for young people. SEDS can provide advice to clinicians in other metropolitan and regional hospitals when requested.

Inpatient Treatment for Eating Disorders

- > Currently adults and young people can be admitted to Flinders Medical Centre for inpatient psychiatric care for an eating disorder.
- > The Women's and Children's Hospital also provides inpatient psychiatric care for young patients requiring intensive recovery support.

Day Program

- > A four-day per week group program including meal support is available for people aged 15 and over.
- > As well as providing nutrition support, there is a strong focus on helping participants to challenge disordered eating behaviours and thought patterns using motivational strategies and skills development.
- > Clinicians work closely with clients to reach their personal goals and evaluate progress on a regular basis.

Outpatient Treatment

- > The site at 2A Jetty Rd, Brighton can provide outpatient services to people aged 15 and over, and their loved ones.
- > This can include nutritional assessment and advice from our Senior Dietitian, or individual therapy with a Clinical Psychologist, Psychiatrist, Occupational Therapist or Mental Health Nurse.
- > We are currently building capacity to provide Family Based Therapy in 2015.
- > Outpatient services for young people aged under 15 are currently provided by the Child and Adolescent Mental Health Service (CAMHS) and a number of private providers.
- > SEDS supports CAMHS through liaison on a case-by-case basis.
- > All CAMHS staff can access the ongoing evidence based training and education provided by SEDS.

- > SEDS also works closely with a number of private providers such as Clinical Psychologists, who specialise in, or have an interest in, working with people experiencing an eating disorder and their families.

Eating Disorder Liaison, Education and Training for Professionals

- > A range of training, education and professional development opportunities are currently being scheduled.
- > This plan will be available on the SEDS website and promotional information will also be visible through professional networks such as Medicare Local.

Outreach Support

- > We recognise people living with an eating disorder sometimes benefit from support at home. We have specialist Mental Health Nurses able to provide community visits.

Research and Quality

SEDS patients and families can participate in research that contributes to quality improvement and international level research in eating disorder care. We are proud research foundation partners with Flinders University.

The Team

The service is made up of a skilled multidisciplinary team including psychiatrists, psychologists, dietitian, occupational therapist, social worker, and specialist mental health nurses.

How to refer to SEDS

We accept referrals from:

- > People who have an eating disorder or who are concerned they may be at risk of developing one
- > Families and carers
- > Medical or other health professionals including:
 - GPs
 - Private Psychiatrists
 - Other Medical Specialists
 - Psychologists
 - Key Workers / Care Coordinators
 - Allied Health Clinicians
 - Community Nurses.