

approximately 1 hour and 30 minutes. We hold two assessment clinics a month.

Questions to Ask Yourself

1. Do you make yourself sick because you feel uncomfortable?
2. Do you worry you have lost control over how much you eat?
3. Have you recently lost more than one stone in a 3 month period?
4. Do you believe yourself to be fat when others say you are too thin?
5. Would you say that food dominates your life?

If you have answered 'yes' to three or more of these questions then please visit your GP for further assessment and advice.

Additional Support

There are two recommend websites to support those with an eating disorder and their families, these are:

Centre for Clinical Intervention – This is a self help resource for those suffering with mental health problems, including eating disorders: www.cci.health.wa.gov.au/resources/looking-after-yourself

BEAT – A UK based charity which offers lots of support for those suffering with an eating disorder and their families, including a helpline: www.beateatingdisorders.org.uk

Contact Information

Eating Disorders Service
Truro Health Park
Infirmary Hill
Truro
TR1 2JA

Tel: 01872 221434

9.00 am to 5.00pm Monday to Friday (except Bank Holidays) - An answerphone may sometimes be on during these times, but it is checked regularly throughout the day, so we will call you back as soon as possible.

Comments and concerns

We welcome your views, feedback and suggestions about how we can improve our service. The PALS office takes calls Monday to Friday, between 9.30am and 4.30pm.

Telephone: **01208 834620**
Email: cpn-tr.palscft@nhs.net



To get this information in another format email: cpn-tr.communications@nhs.net

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Cornwall Partnership
NHS Foundation Trust

Cornwall Eating Disorders Service



Find us online at [cornwallft](http://cornwallft.nhs.uk)



What is an eating disorder?

We all have different ways of eating and many of these 'eating styles' allow us to remain healthy. However some are driven by body shape and weight concerns (e.g. an intense fear of being at a healthy weight or becoming fat) and can upset body functioning and daily activities. These are called eating disorders and are often a way of coping with difficult experiences and emotions. They are described below.

Anorexia nervosa: The person is low in weight and has a fear of being a healthy weight. They restrict what they eat and may purge or use excessive exercise in the pursuit of thinness.

Bulimia Nervosa: The person is in a healthy weight range and frequently binge-eats. They also use harmful methods in an attempt to counter the effects of eating such as vomiting, fasting or excessive exercising.

Eating Disorder Not Otherwise Specified (EDNOS): The person has most but not all the diagnostic signs of anorexia nervosa or bulimia nervosa.

Who is the service for?

Eating disorders can affect anyone at any age. According to NICE, 1.6 million people in the UK are affected by an eating disorder, of which, around 11% are male.

Who we are

The Cornwall Eating Disorders Service is a specialist service offering a community based treatment for adults with a clinical diagnosis of an eating disorder. An eating disorder is a mental health illness associated with a high mortality rate. It can affect anyone at any age and is often more about feelings and emotions than about food.

We cover the whole of Cornwall and our small therapy team consists of Psychologists, Dietitians, an Occupational Therapist and Administration.

Our team works with clients and other organisations, including the Integrated Community Mental Health Teams (ICMHT), GPs, and the Children and Adolescence Mental Health Service (CAMHS) for those transitioning from children's to adult services and hospital services. Clients who need to be treated in hospital will be referred to an inpatient unit. There are a number across the country. Our closest is the Haldon Unit in Exeter. At times, we also use the Royal Cornwall Hospital in Truro.

What we do

There are a number of possible treatment options available either singly or combined for individuals with an eating disorder. These include:

Support from dietitians

Where appropriate, clients can be referred to a specialist dietitian for a nutrition assessment and dietary advice. Dietetic involvement can comprise of a limited number of focused sessions either on a one-to-one basis, via our Food Choices Group or longer term support.

Support from Psychologists

We offer a range of NICE recommended therapies both individually and via group work. This depends on each individual's needs but can include Specialist Support Clinical Management (SSCM), Maudsley Anorexia Nervosa Treatment for Adults (MANTRA) and Cognitive Behaviour Therapy (CBT). You might also be offered:

- Cognitive Analytic Therapy (CAT)
- Dialectical Behaviour Therapy (DBT)
- Family Therapy
- Occupational Therapy

Getting a referral

All initial referrals to our service need to go via a GP to the ICMHT. Once a referral is made to ICMHT via the GP, you will meet with a mental health professional from within this team. This person will review your mental health and social care needs before discussing treatment options. If an eating disorder is thought likely, a referral will be made to us and an Eating Disorders Assessment will likely be offered with one of our team. The assessment lasts for