Finding out More

B-eat – Beating Eating Disorders
Helpline: 0845 6341414 (Mon – Fri 10.30 – 20.30, Sat 13.00 – 16.30)
Email – help@b-eat.co.uk
Youthline – 0845 6347650 (18 years and under, Mon – Fri 16.00 – 18.00)
Recorded Message 09063020012

Self-Help Books:

Helpful Websites:
www.b-eat.co.uk - Beating Eating Disorders (a UK-wide charity)
www.sedig.co.uk – Scottish Eating Disorders Interest Group
www.needs.scotland.org – North East Eating Disorders Support Scotland
www.eatingdisorder.nhsgrampian.org – North of Scotland MCN for Eating Disorders

Contacts:

North of Scotland MCN
01224 557858

Tayside Eating Disorders Service
01382 306160
eatingdisorders.tayside@nhs.net

Outwith office hours (evenings, weekends and public holidays), if you require to contact someone urgently, please use one of the following numbers:

NHS 24 - 08454 24 24 24

Breathing Space - 0800 838587
(Monday to Thursday 6pm to 2am, Weekends 6pm to 6am)

Samaritans - 01382 832555

North of Scotland
Managed Clinical Network
for Eating Disorders

Information for Patients & Carers

Tayside Eating Disorders Service
4 Dudhope Terrace
Dundee
DD3 6HG
Services in the N of Scotland

Six health boards comprise the North of Scotland Group, which has a Managed Clinical Network (MCN) for eating disorders (aged 18+). www.eatingdisorder.nhsgrampian.org

In Orkney, Shetland and the Western Isles, the first contact with mental health services will usually be by referral from the GP to the general mental health service. Patients can then be referred on to specialist eating disorder services in Grampian and Highland.

Grampian, Highland & Tayside have their own specialist services for eating disorders, and each has a different structure and referral arrangements which are outlined separately.

The Eden Unit is a 10-bedded inpatient ward in Royal Cornhill Hospital, Aberdeen, providing specialised treatment for the small number of patients requiring admission or intensive day patient treatment.

Patients under 18 are normally referred to Child and Adolescent Mental Health Services (CAMHS). For those already receiving a service within CAMHS who will require help after the age of 18, there will be full discussions to help the change go as smoothly as possible.

Services in NHS Tayside

How to Seek Help
The first step is to visit your GP who will refer you to the most appropriate service after an initial assessment. Different treatment routes are available within Tayside, with outpatient services for less severe eating disorders provided by Adult Psychological Therapy Services, and those for more long standing eating disorders provided by Community Mental Health Teams and the specialist Eating Disorders Service. Tayside Eating Disorders Service itself has links to the North of Scotland NHS Eating Disorders Inpatient Unit (Eden Unit) in Aberdeen, where those requiring inpatient treatment may access help.

Tayside Eating Disorders Service
Tayside Eating Disorders Service is based at 4 Dudhope Terrace in Dundee, and provides clinics in Dundee, Angus, and Perth and Kinross. The service offers specialist assessment and treatment to adults suffering from severe and/or long standing eating disorders, having access to psychological, nursing, psychiatric and dietetic interventions.

What does Treatment Involve?
Following referral to Tayside Eating Disorders Service, one or more members of the team will carry out an initial assessment, and will develop a treatment plan tailored to the needs of the individual. Treatment focuses on helping the individual to address the emotional difficulties that tend to be at the root of eating disorders. It aims to help them develop improved ways of coping, and, in doing so, to make changes to their relationship with their body and food. There are a number of different approaches to the treatment of eating disorders, (two common psychological approaches are Cognitive-Behavioural Therapy and Interpersonal Psychotherapy), with the most effective approach usually involving a combination of ‘talking’ therapy, nutritional counselling and medical monitoring. Treatment typically takes the form of individual sessions, but can also involve group work, as appropriate.

Travelling to Appointments
It is important to be aware that low weight can bring risks when travelling distances to attend outpatient appointments, particularly in cold weather. Ability to drive can to be affected in low weight patients. Your doctor can advise on fitness to drive.

If you have any concerns about your fitness to travel to Tayside Eating Disorders Service appointments, please do not hesitate to contact the team for consultation and advice.