

**Sheffield Eating Disorders Service
St George's Community Health Centre
Winter Street
Sheffield
S3 7DN**

Telephone: 0114 2716938 Fax: 0114 2262223

**Referral Criteria
updated Feb 2017**

Referrals can be made by GPs, other physical and mental health professionals and voluntary sector eating disorder organisations. The person writing the referral should have met the patient and have the relevant information about their eating disorder. Individuals who require referral to Sheffield Eating Disorders Service should make an appointment with their GP initially. The referral form for Sheffield Eating Disorders Service should be used and guidance on the form about physical health followed.

Sheffield Eating Disorders Service accepts referrals for young people aged 16+ and adults who meet criteria for any one of the following:

- Low weight, BMI less than 17.5, where weight loss has been induced by deliberate restriction of food intake, self induced vomiting, purging, excessive exercise, use of appetite suppressants or diuretics (Probable anorexia nervosa)
- Anyone with bingeing / purging episodes such as laxative abuse or self induced vomiting on 5 times per week or more (Probable bulimia nervosa or anorexia binge purge subtype).
- Pregnant women who have a significant eating disorder, indicated by a low weight in relation to the stage of pregnancy or weight loss during pregnancy or bingeing / purging episodes.
- People with diabetes where an eating disorder is negatively affecting their diabetic control. Diabetic patients who are misusing insulin in an attempt to control their weight.
- Patients with a co-morbid physical health problem which is being negatively affected by an eating disorder, e.g. cystic fibrosis,
- Young People being transferred from the Child and Adolescent Mental Health Service where the eating disorder is the primary problem.
- Patients being discharged from in-patient care where the eating disorder is the primary problem.
- Patients with serious mental illness, receiving ongoing input from another service within SHSC, who have an eating disorder or a suspected eating disorder; Even if someone does not meet the criteria above we are willing to provide an assessment and then offer either ongoing input, advice to Care Co-ordinator or signposting.

Sheffield Eating Disorders Service is happy to discuss possible referrals and also to offer advice and consultation to other professionals about people with a possible eating disorder. The Team also offers training and supervision. The service has developed the **Personal Note Book** – a self help guide which can be purchased from the service on request.

Patients with eating disorders where SEDS is not appropriate

NB - For young people under the age of 16 years old with an eating disorder, please refer to CAMHS.

For patients not meeting the above criteria, South Yorkshire Eating Disorder Association (SYEDA) offers a range of therapeutic and support services.

Contact details: SYEDA, 26-28 Bedford Street, Sheffield, S6 3BT. Telephone: 0114 2728822/ 2728255 www.syeda.org.uk

