

## After hours emergencies

The Mental Health Emergency Response Line (MHERL) has mental health support 24 hours a day for people in the Perth metropolitan area. Telephone: 1300 555 788.

In a medical emergency, dial 000 or go to the nearest emergency department.

## Other support services

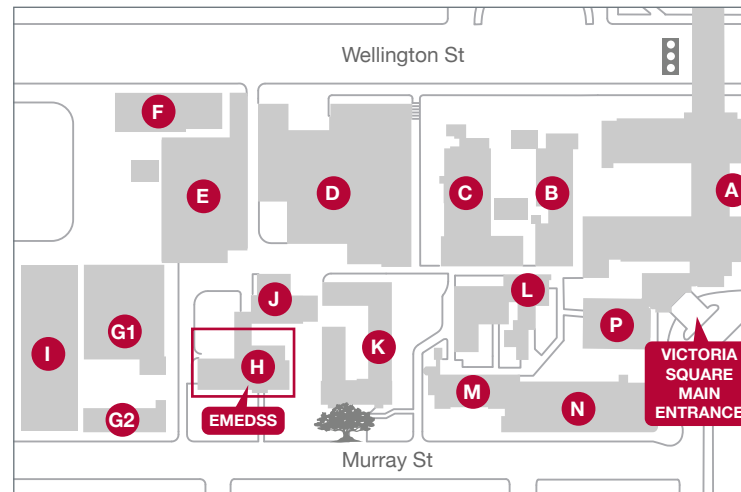
- The Butterfly National Helpline:
  - 1800 33 4673.
  - Free and confidential eating disorder support.
- Carers WA: 1300 227 377.
- Carer Gateway Services: 1800 422 737.
  - Services and support for carers.
- Eating Disorders Families Australia:
  - 1300 195 626.
  - Support, education, advocacy and counselling for carers and families.
- Family Relationship Advice Line: 1800 050 321.
- Lifeline: 13 11 14.
- Healthdirect: 1800 022 222.
- Helping Minds: 1800 811 747.
  - Support for family members/carers.

## Contact us

Hours: Monday to Friday, 8:30am to 4:30pm.  
Telephone: 08 9224 4242.

## Location

The EMEDSS is in Ainslie House (Block H, Level 2) at Royal Perth Hospital (RPH).  
Street address: 48 Murray St, Perth WA 6000.



## Parking and transport

Paid parking is available on Pier Street and Murray Street. There is also a range of public transport options. Visit the RPH website for more details at <https://rph.health.wa.gov.au>

# East Metropolitan Eating Disorder Specialist Service (EMEDSS)

Information for families, carers and support people



## About us

The East Metropolitan Eating Disorder Specialist Service (EMEDSS) is an outpatient clinic for people aged 16 years or older.

It offers specialised eating disorder treatment and aims to help people remain in the community, preventing hospital admissions where possible.

The service is centred around its patients and focused on their recovery.

Our team includes the following health professionals:

- consultant psychiatrist
- psychiatry registrar
- general practitioner (GP)
- clinical nurses
- clinical psychologist
- dietitian
- peer support worker.

Our triage team assesses new patients to determine if our services will meet their needs. Other options will be suggested if EMEDSS is not suitable.

### Peer support

Peer support workers are an important part of our services. Their life experiences can help guide patients and medical staff in managing eating disorders.

## Our services

### Intensive Clinical Monitoring (ICM)

ICM team members track each patient's physical health, check their nutritional intake and provide opportunities to work through problems to assist their recovery.

Patients can have up to 4 appointments a week for up to 8 weeks. Afterwards, they will need to see their GP for monitoring. They may also continue at our Specialist Multidisciplinary Outpatient Clinic (SMOC) described below.

### Specialist Multidisciplinary Outpatient Clinic (SMOC)

This team provides specialised support to help people manage their eating disorders.

Interventions are based on research and evidence, and we work hand in hand with our patients. Clinic staff support recovery, take the time to understand a patient's life experiences and involve carers where appropriate. We aim to support each patient's health and wellbeing. The service is available for up to 12 weeks.

### Intensive day program (coming 2025)

The day program will offer a higher level of support and structure around eating. It will aim to help people after their discharge from hospital and prevent those in the community from needing admission. It will have group therapy, skills to manage distress and supportive mealtimes. Attendance will be 4 days a week for 4 weeks.

## What are eating disorders?

Eating disorders are serious and complex mental illnesses. They are characterised by persistent problems with eating, body weight control and severe concern with weight and shape. Eating disorders can be life-threatening and have a severe impact on a person's physical and mental wellbeing and overall quality of life. They can affect people of all ages, genders, ethnicities and socioeconomic backgrounds.

### Why are people referred to our service?

People are referred to our service for support and the chance to learn new skills to help their recovery.

### What do participants need to do?

They will need to take part in the treatment and attend regular clinic appointments. It will also be important for them to regularly see their GP.

### As a support person, how will you be involved?

As a support person you will be welcome at EMEDSS. You will be encouraged to be involved in your loved one's care unless there is a reason you should not take part. For more information, please speak to a member of our team.

We welcome all feedback.

Please speak with a team member who can provide you with a feedback form.