

Your feedback

All feedback is welcome. If you would like a feedback form, please ask a team member. We may also mail you a patient experience survey. Feedback helps improve our services.

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

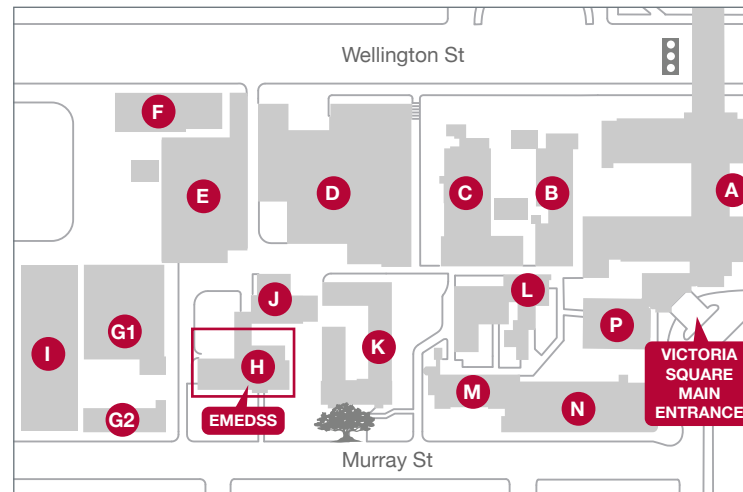
- The Butterfly National Helpline offers free and confidential eating disorder support. Telephone: 1800 33 4673.
- Child and Adolescent Mental Health Service (CAMHS) Crisis Connect is a 24-hour line. Telephone: 1800 048 636.
- Lifeline has 24/7 crisis support. Telephone: 13 11 14.
- Consumers of Mental Health WA is an independent organisation for people with mental health experience. Visit: www.comhwa.org.au
- Healthdirect is the national health advice service. Telephone: 1800 022 222.

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 patients



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 puts patients first and aims to support 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.

Our services

Intensive Clinical Monitoring (ICM)

ICM team members track your physical health, check nutritional intake and provide opportunities to work through problems to assist recovery.

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

Specialist Multidisciplinary Outpatient Clinic (SMOC)

This team gives you specialised support to manage your eating disorder and may include input from a dietitian and/or psychologist.

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 your life experiences and involve carers where appropriate. We aim to support your 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.

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.

Why have I been referred to the service?

Your treating team has referred you to the service for support and the chance to learn new skills that will help your recovery.

What do I have to do?

You will need to take part in the treatment and attend regular clinic appointments. It will also be important for you to regularly see your GP.

Carers and support people

Support people are welcome. They can take part in your recovery unless there is a reason they should not. For more information, please speak to a member of our team.