



Information sheet for clinicians

Service description

The Southern Eating Disorder Service (SSEDS) is a community-based eating disorder service based in Dunedin that covers the Southern geographical region (Waitaki, Otago, Southland, and Central Otago). This service operates under the Governance of Ashburn Clinic.

Mission and Purpose of the Service

The Southern Support Eating Disorder Service (SSEDS) provides early identification, brief intervention, evidence-based treatment, and recovery-orientated community services for people requiring support for disordered eating and eating disorder issues.

People most likely to use SSEDS are

- People with or without a diagnosed eating disorder who present with a suspected, developing, or identifiable eating disorder.
- People with early onset or severe enduring eating disorders who need to be monitored.
- Family/whanau member requiring information and support
- Clinicians seeking support/guidance/supervision when working with eating disorders.

Referrals

Referral process must be made through a GP with information including the referral urgency, client's clinical presentation and medical history, a physical assessment, including observations, blood tests and an ECG. Please consider low BMI as not the only requirement for referral, non-underweight clients are also able to be referred to the SSEDS. The GP remains an important point of contact during the assessment and treatment processes. Please refer to Southern Community HealthPathways for the referral process to the SSEDS.

For all referrals the criteria for an initial face-to-face screening assessment are based on the person having a suspected, developing, or identifiable eating disorder. Some referrals will represent a decision to provide clinical management advice and support only or provision of resources to the referrer. Some referrals will represent a prompt decision to refer to another more appropriate service.

Southern Support Eating Disorder Service

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