

# BODYWHYS

The Eating Disorders Association of Ireland

## Supporting people affected by eating disorders

Jacinta Hastings, CEO

**Paper read at the Jubilee Congress on Eating Disorders 2010,  
The 18th International Conference, October 21-23, 2010,  
Alpbach, Tyrol, Austria**

# Presentation Format

- Bodywhys
  - *Who we are and what we do*
- Support Services
- Current Health Policy
- Key points
- Questions

# Who we are

- National voluntary support organisation



- People affected by eating disorders

# Our Mission

- To provide support to people affected by eating disorders
- To promote awareness and understanding among the wider community



# Email Services

- [alex@bodywhys.ie](mailto:alex@bodywhys.ie)
- Volunteer response
- High usage of males



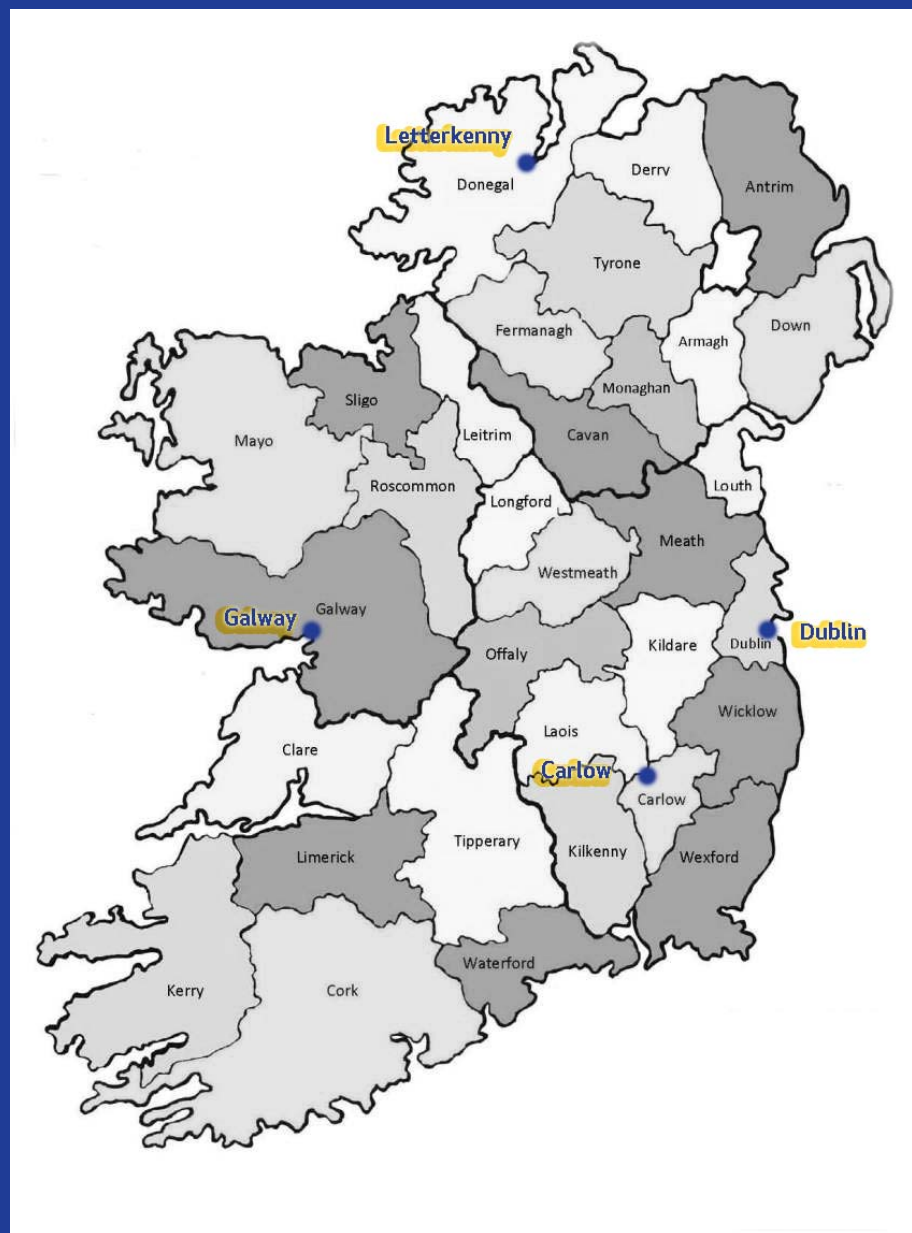
# Lo Call Helpline

- 1890 200 444
- 7 days a week
- 2 hours
- Volunteers



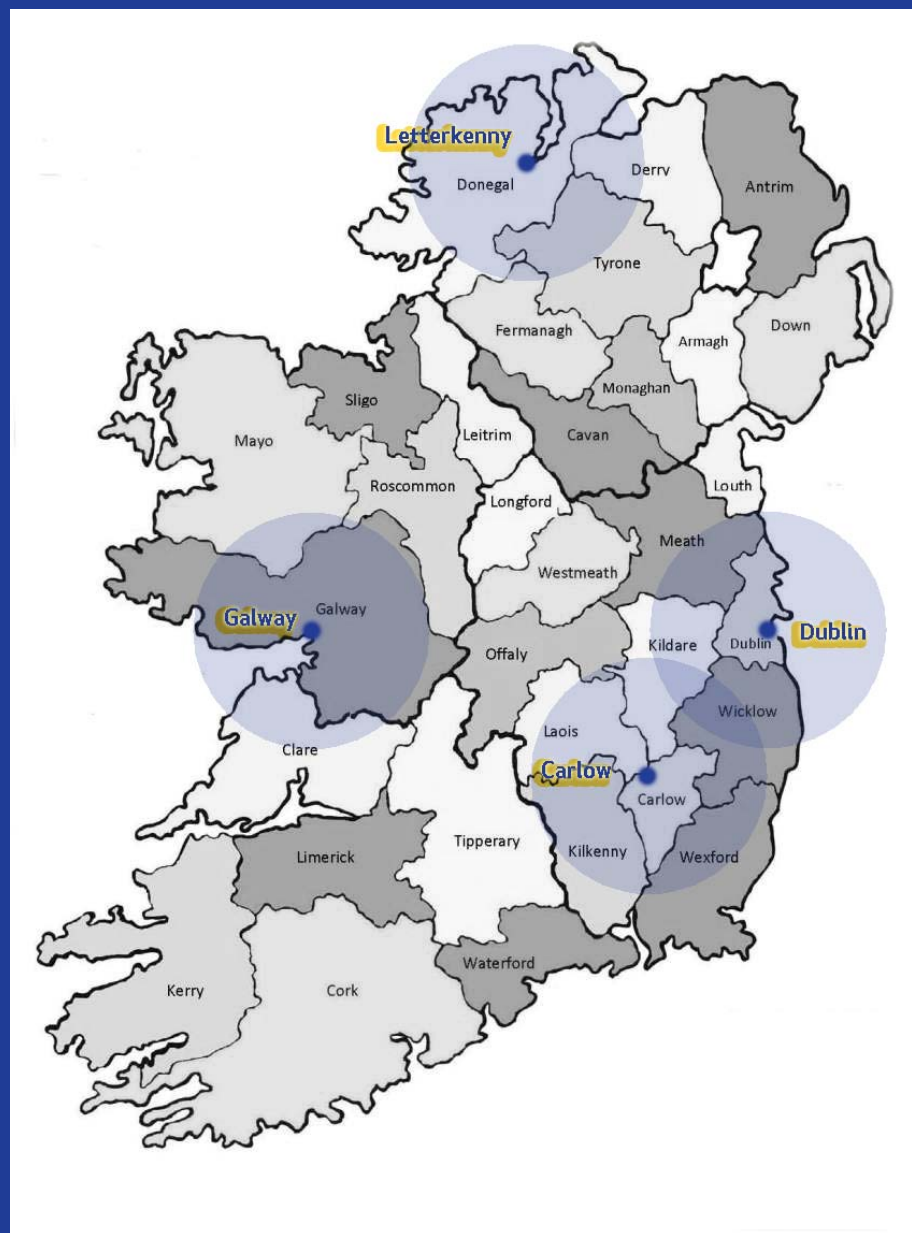
# Existing Support Groups

- Dublin x 2
- Carlow
- Galway
- Donegal (2010)



# Existing Support Groups - Spread

- Dublin x 2
- Carlow
- Galway
- Donegal (2010)



# Text Services

- To receive a full Bodywhys Information pack text **EDINFO** plus your name & postal address to **51500**
- To receive a copy of the Bodywhys Resource for Parents, text **PARENTS** plus your name & postal address to **51500**
- To receive details of Bodywhys helpline opening hours, text **BODYWHYS** to **51500**

*Texts are charged at the standard SMS rate*

**BODYWHYS**  
The Eating Disorders Association of Ireland

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# Online Support



**it's just a button away.**

# Online Services

BodywhysConnect  
(Ages 19+)

YouthConnect  
(Ages 13-18)



# Online Services

- Mirrors face to face groups
- Facilitator led
- Pre-registration
- Group open at specific times only

# www.bodywhys.ie

- Information
- Fact Sheets
- News
- Book list
- Signposts
- Message Board
- Twitter
- Social Network





**Raising Awareness**

# i-Figure CD ROM for schools

- raising awareness and providing information on the main risk factors, including low self esteem, negative body image, media images and the relationship between emotions and eating habits.



# Media Work

- Media Panel
- Media Guidelines
- Media Watch





# *Facts*

- 200,000 affected
- 400 new cases
- 80 deaths

# Treatment Options

## Primary Level:

Local G.P.  
Dietician  
Counsellor or psychotherapist

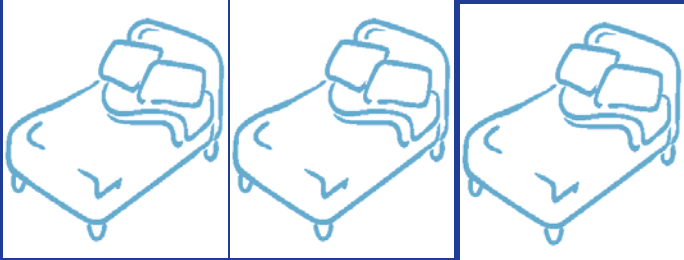
## Outpatient level:

Psychiatrist  
Psychologist  
Psychotherapist  
Dietician  
Specialist out patient programme

5% require hospitalisation



# SPECIALIST EATING DISORDER BEDS



- 3 public beds
- Dublin
- Over 18s



# Policy – Vision for Change (2006)

- Four regional eating disorder units
- Four specialist multi disciplinary teams
- Increase bed capacity  $4 \times 6 = 24$



# Policy – Vision for Change (2006)

- National Centre for Eating Disorders

Child & Adolescent  
CMHT

Health promotion  
initiatives

Support for voluntary  
agencies





It's not  
a faddy  
diet

It's not  
a lifestyle  
choice

It's not  
a phase

It's not  
just women

IT'S NOT JUST A  
TEENAGE THING

It's not  
forever

PEOPLE **CAN** AND **DO** RECOVER  
FROM EATING DISORDERS

NO JUDGEMENT. JUST CONFIDENTIAL SUPPORT.

**LO CALL 1890 200 444**

Email Support : [alex@bodywhys.ie](mailto:alex@bodywhys.ie)

Text the word 'support' to 53305 for details of our services.

**BODYWHYS.ie**

The Eating Disorders Association of Ireland

*Questions?*

