Supporting people affected by eating disorders

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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
- 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
Online Support

help

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
Do you measure everything you eat?

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

Private Sector

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

- National Centre for Eating Disorders

Child & Adolescent CMHT

Health promotion initiatives

Support for voluntary agencies
Questions?