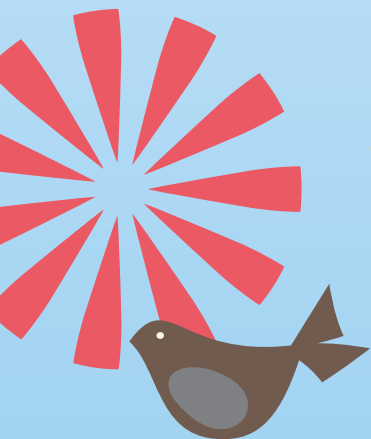


# Eating Disorders Outpatient Service

*'It's never too early to get help'*

**A free, confidential service for the Central Coast community**

Toukley Health Centre



Central Coast  
Local Health District

# Our vision

To create a world that promotes acceptance and celebrates physical, emotional, mental and spiritual well-being and diversity.

## About our service

The Eating Disorders Outpatient Service is the primary source of support, information and treatment for people with eating disorders and their families on the Central Coast.

We provide a service that strives for excellence of care in a safe, nurturing environment to enhance recovery with hope, acceptance and freedom.

## Our service consists of

- Dietitians
- Manager
- Social Workers
- Administration Officer
- Nurses
- Clinical Psychologists

## We provide

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- ✓ Individual counselling
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- ✓ Family counselling
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- ✓ Nutrition counselling
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- ✓ Information about body image and disordered eating

*We encourage your local doctor to be involved in your recovery.*

## People with eating disorders may

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Be unable to stop thinking about food and dieting

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Be unable to stop dieting

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Feel very worried about their body shape and are afraid of gaining weight

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Regularly skip meals

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Feel guilt or shame about eating

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Binge eat when alone

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Make frequent visits to the bathroom during or straight after meals.

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Follow a strict exercise routine

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Be irritable or depressed

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Experience mood swings

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Experience dizziness and fainting

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Find it difficult to concentrate

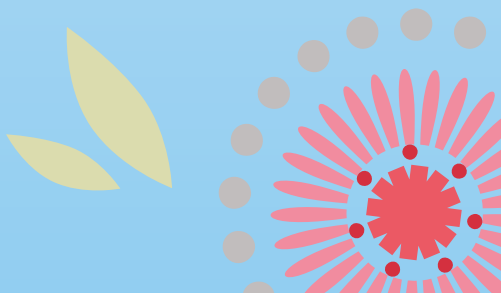
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Always be tired

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Have low self-esteem

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## Why seek help?

All eating problems have the potential to alter a person's quality of life.

Sometimes these problems are complex and potentially life threatening if left untreated. Quality of life can be affected by changes in mood, thinking and self-esteem.

Relationships with partners, family and friends can be affected.

Much personal distress can be experienced. Professional help can assist in understanding the issues.

## Referrals

Do you think our service may be helpful for you or someone you care about?

If so, simply telephone us (02) 4352 8800.

## What happens next?

We will ask you to attend your General Practitioner for a medical assessment and to obtain a referral to our service.



# **‘Getting help early can make recovery easier’**

If you are concerned about yourself or someone else, ask the following questions and they may assist your decision to seek help:

- Do you make yourself ‘sick’ because you feel uncomfortably full?
- Do you worry you have lost control over how much you eat?
- Have you recently lost more than 6kgs in a 3 month period?
- Do you believe yourself to be ‘fat’ when others say you are ‘too thin’?
- Would you say that food dominates your life?

If you answered ‘yes’ to two or more questions or if you have any concerns about your eating or weight, please contact us.



# How to contact us

Toukley Health Centre

1A Hargraves Street, Toukley NSW 2263

Monday to Friday, 8.30am – 5pm.



An eating disorders information pack is available on request.

## Enquiries

📞 02 4352 8800

*(If unanswered please leave a message)*

Fax: 02 4352 8888