

## Useful Resources and Contacts

### Beat

A leading UK eating disorder charity.

[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)



### FREED

**(First Episode Rapid Early Intervention for Eating Disorders)**

A service for 18-25-year-olds who have had an eating disorder for three years or less. FREED offers rapid access to specialised treatment, paying specific attention to the challenges young people face in the early stages of an eating disorder. More information on Freed is available from [freedfromed.co.uk](http://freedfromed.co.uk)

### Mental Health Crisis Helpline

Twenty-four hour support for people in Surrey and North East Hampshire.

**Call: 0800 915 4644**

### Safe Havens Mental Health Support

Safe Havens provide out-of-hours help and support to people and their carers who are experiencing a mental health crisis or emotional distress. They provide adults with a safe alternative to A&E when in crisis. For locations and opening times visit:

**[sabp.nhs.uk/safehaven](http://sabp.nhs.uk/safehaven)**

### Samaritans

A listening service for your concerns

**Call: 116 123**

**[samaritans.org](http://samaritans.org)**

**For general inquiries about AEDimhs Call:**

**01372 204001 or 07391731733**

**If you would like this information in another format or another language:**

**Email: [communications@sabp.nhs.uk](mailto:communications@sabp.nhs.uk)**

Surrey and Borders Partnership  
NHS Foundation Trust  
Third Floor, Leatherhead House,  
Station Road, Leatherhead, Surrey.  
KT22 7FG

**Tel: 0300 55 55 222**

**Textphone: 020 8964 6326**

**[sabp.nhs.uk](http://sabp.nhs.uk)**

**[@sabpnhs](https://twitter.com/sabpnhs) [facebook.com/sabpnhs](https://www.facebook.com/sabpnhs)**

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Mental Health  
Services

**NHS**

Surrey and Borders  
Partnership  
NHS Foundation Trust



**AEDimhs**

**Adult Eating Disorder  
Integrated Mental  
Health Service**

**Caring for You**

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## How We Support You

We know that getting help for an eating disorder can be daunting.

When you are referred to AEDimhs rest assured that we will be supportive and focused on you and your specific care needs.

We will work with you every step of the way towards your recovery.

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## About Us

AEDimhs is a recently established eating disorder service accessible to you via your local GP and associated community services. The service assess and treats adults whose eating problems are impacting on their daily lives. This may be a new problem or one that they have been struggling with for some time.

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## What to Expect

Once we receive a request for our service, we contact you directly to arrange a time for an assessment. We send you an assessment pack confirming your appointment time and who you will meet, and some questionnaires to fill in before the assessment.

The assessment is online via virtual platform, for example Microsoft Teams. Typically it takes an hour.

We ask questions about eating and what difficulties you are experiencing. A family member or friend is very welcome to join you at the assessment if you wish; we recognise they can play an important role in your recovery.

Drawing on information from the assessment we then develop a care plan with you. With our support you can decide which treatment is best for you.

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## Treatment Options

We want you to achieve your recovery goals and move on from having an eating disorder. We use our expertise to draw on current eating disorder research and identify the right therapy for you in line with NICE national guidelines for the treatment of eating disorders.

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**01372 204001 or 07391731733**

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## Individual and Group-Based Treatments

### Cognitive Behaviour Therapy

Offered individually, or in a group, cognitive behaviour therapy focuses on making changes to eating behaviours and addressing beliefs about food and body image.

### Guided Self-Help

A dedicated healthcare professional provides regular support as you manage your eating disorder using a recommended self-help book.

### MANTRA-IG

#### (Maudsley Anorexia Nervosa Treatment for Adults Integrated Group programme)

This programme includes individual sessions alongside a therapeutic group, helping individuals to find ways of coping with Anorexia Nervosa.

### Developing Dolphins (for carers)

An online training course for anyone caring for someone with an eating disorder. The training course is offered through Beat, one of the UK's leading eating disorder charities. It helps carers to increase their understanding of eating disorders while offering invaluable information on the management of a disorder, encouraging recovery, and looking after wellbeing.