

**Referral Pathway
January 2017**

Client Categories

**Identification
and Recognition**

Engagement

Self Help

Sufferers
Carers
GP's
PCT
Community/Voluntary Organisations
Healthcare
CAMHS
Pre-school Student Nurses
School Nurses
Connexions
Sure Start
Universities/Colleges
Schools (State and Private)
Primary PSHE Co-ordinators
Secondary PSHE Co-ordinators

No Age Barrier
Early Stage Checklist
Helpline
Website
Literature/Information
Support/Advice
Books/Resources

In Development
Carer Buddy Support
Male Only Self Help

Therapy with Prof Marie Reid
Over a year 80 sessions of Psychology will be delivered to Clients of SEED

Group Therapy
'Closed' Therapy groups are run quarterly throughout the year and is a 12 week programme available to sufferers. Monitoring and review systems in place

Health care Training
Raising awareness of Eating Disorders giving basic understanding of signs and symptoms both emotionally and physically, identifying medical risk, signposting and information giving

Bon Appetite
Provides 5 recipes per week
With instructions & shopping list

Educational Awareness Raising
Raising awareness within schools, colleges and universities in both Hull and East Riding with **self-esteem and body image work** incorporating PSHE Citizenship at Key Stages 3 and 4 of National Curriculum Learning Objectives

Self Referral

Helpline
Offering support

Website
Information incorporating Support Response Form

Emergency Situation
If a patient was medically at risk and displayed or indicated such they would be referred directly to emergency services

Holiday Buddy Scheme
The sufferer can be supported for one week or two whilst loved ones are on holiday

On line Resources
Living Life to the Full (sufferers and carers)
Be Mindful online (sufferers and carers)

Nutritional Support
Via literature
Via e-mail
Workshops periodically

Carer's Support
Via monthly **Support Groups** every 1st Wednesday in the month
Walking on Eggshells Carer's 3 workshops per years

Sufferers Support
Via monthly **Self Help Group** every 2nd Tuesday in the month
Motivational Sessions
Open Forum Sessions
Confidence Building Workshops open to both sufferers and carers

Youth Self Help Groups
For young people up to the age of 18 yrs.
Take place every last Tuesday in the month

Engaging on Social Networking Sites
Via two social networking sites:
Facebook Twitter

E-mail Buddy Support
Available to sufferers weekly via an E-mail Buddy for up to six months. Monitoring and review systems in place. Exit plan involving support e-mails