

Eating Disorder Service video transcript

0:00:00.400,0:00:07.920

We are the Berkshire eating disorder service often known as BEDS. BEDS is a community-based

0:00:07.920,0:00:15.280

specialist assessment and treatment service for people with symptoms of anorexia nervosa,

0:00:15.280,0:00:21.600

bulimia nervosa, binge eating disorder and otherwise specified feeding or eating

0:00:21.600,0:00:28.960

disorder also known as OSFED. Most appointments are held face to face at St. Mark's Hospital in

0:00:28.960,0:00:36.000

Maidenhead or at Erleigh House in Reading on the University campus, but some can be online

0:00:36.000,0:00:44.000

where appropriate. We offer various treatments including one-to-one psychological therapy,

0:00:44.000,0:00:51.600

group therapy, dietetic consultations, psychiatric consultations, and we also have a day program.

0:00:52.320,0:01:00.720

All patients and their carers also have access to our online support network, SHaRON, which stands

0:01:00.720,0:01:09.120

for support, hope, and recovery online network.
We cannot help during a mental health crisis.

0:01:09.120,0:01:18.400

If you are in crisis, please contact the NHS 111 or
click the urgent support button on our website to

0:01:18.400,0:01:25.200

find details of services who can help. If
you're experiencing a medical emergency,

0:01:25.200,0:01:33.360

please go to the nearest accident and emergency
department or call 999. To access our service,

0:01:33.360,0:01:40.320

you must be age 18 or over, registered with a
GP in Berkshire, and referred by a health care

0:01:40.320,0:01:47.440

professional. When we have received your referral,
we will make sure we are the right service for you

0:01:47.440,0:01:54.800

and assist the agency. If we accept your
referral, we will complete an assessment,

0:01:54.800,0:02:01.600

agree a treatment plan with you, and provide
a summary to your GP. You can find more

0:02:01.600,0:02:09.280

information about the Berkshire eating disorder
service and what we offer on our web page.