

# Berkshire Eating Disorders Service (BEDS)

## Assessment Information Booklet

### What to expect from your assessment...

#### Before your assessment

We will have sent you some questionnaires with your assessment invite. Please ensure that you complete these as soon as possible prior to your appointment. Your answers help us understand some more about your current difficulties.

#### What happens?

A clinician will come to meet you and take you to one of our clinic rooms. The assessment will begin with introductions and the clinicians will let you know how information is recorded and kept confidential in the NHS. Then, the clinician will ask you about how things have been for you and about your eating. You are also able to ask the clinicians any questions you have.

Sometimes, we will check your height and weight. This will help us understand how any eating difficulties may be affecting your physical well-being. If we would like to check other aspects of your physical health, we will connect with your GP to follow up where appropriate.

The assessment usually lasts between 1 and 2 hours.

#### Who will you meet?

We are a friendly team of therapists, psychologists, psychiatrists and dietitians. We all have experience working with people with eating difficulties and their families.



## Can I bring someone with me?

You are welcome to bring another adult with you if you would like some support during your assessment.

## What happens next?

At the end of your assessment, your clinician will be able to share with you what the next steps are and, if appropriate, what treatments can be offered.

Unfortunately, there may be a further wait for some treatments. Your clinician will discuss this with you.

Your clinician will write up a report based on your assessment and both you and your GP will receive a copy in due course.

## Any questions?

Please let us know if there is anything we can do to make your assessment as comfortable as possible. If you have any questions or concerns, please contact us.

## Get in touch

### Service Opening Hours:

Monday – Friday, 09:00 – 17:00

### Contact Details:

Email:

[BEDSAdultAdmin@berkshire.nhs.uk](mailto:BEDSAdultAdmin@berkshire.nhs.uk)

Tel: 01189 043011



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