

## How to Access Eating Disorder Services

If you think you or your child may have an eating disorder, there are 3 ways to access eating disorder services:

1. Call Central Intake to book an assessment. This is usually the fastest way to get started.
  - › Phone (toll-free): 1-855-922-1122
  - › Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.  
Tuesday and Thursday, 8:30 a.m. to 8 p.m.
2. Ask your primary health care provider (family doctor or nurse practitioner) to refer you or your child.
3. If you or your child are already connected to a community mental health clinician:
  - › Ask them to send a referral for a specialty eating disorder assessment.

### What will happen after I call?

- You will get an appointment for an assessment by phone. This will take about 1 to 1 ½ hours.
- During the assessment, a clinician will ask you about your or your child's:
  - › Eating habits
  - › Physical health
  - › Emotional wellbeing
  - › Any other mental health concerns you may have
- Based on this assessment, you or your child may be referred for a specialty eating disorder assessment.

## What will happen after the assessment?

- After the assessment, or in a follow-up session, the clinician will go over the results. They will talk with you about treatment options, like:
  - › Therapy
  - › Nutritional counselling
  - › Medical monitoring (checking your blood pressure, pulse, height, and weight, and ordering tests, like blood work or an electrocardiogram, if needed)
- The clinician will recommend the treatment that is right for you or your child and medical monitoring. **It is important to follow these recommendations and book appointments with your primary health care provider.**
- Once a treatment is chosen, you or your child will be referred to a clinician who specializes in that treatment.
- You or your child may have to wait for treatment. We will call you when the clinician becomes available.

**What are your questions?  
Please ask a member of your health care  
team. We are here to help you.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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