

## Useful website resources:

- Eating Disorders Association of New Zealand  
(edanz)  
[www.ed.org.nz](http://www.ed.org.nz)
- Eating Difficulties Education Network  
(EDEN)  
[www.eden.org.nz](http://www.eden.org.nz)
- Ministry of Health  
[www.besthealth.bmj.com](http://www.besthealth.bmj.com)



*Southern Support*  
eating disorder service

An Ashburn Clinic Community Based  
Eating Disorders Service

496 Taieri Rd, Private Bag 1916, Dunedin 9054  
Phone: 0800 EAT RIGHT (0800 328 744) or 027 209 7928  
Email: [southernsupport@ashburn.co.nz](mailto:southernsupport@ashburn.co.nz)



*We offer free assistance to individuals and  
families who need help.*

**Phone 0800 EAT RIGHT**

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# Southern Support

eating disorder service



Many people have concerns about food, weight and body shape or image. Do you or someone you know have these worries? If so, take the questionnaire below.

SCOFF Questionnaire	
<b>S</b>	Do you make yourself sick (induce vomiting) because you feel uncomfortably full?
<b>C</b>	Do you worry that you have lost control over how much you eat?
<b>O</b>	Have you recently lost more than (one stone) 6.4 kg in a three-month period?
<b>F</b>	Do you think you are too fat, even though others say you are too thin?
<b>F</b>	Would you say that food dominates your life?
1 point for every yes answer.	
If your score is greater than 2, contact us to see how we can help. All enquiries are confidential.	
<b>Phone 0800 EAT RIGHT</b>	
<small>(Morgan, J.F., Reid, F., &amp; Lacey, J. H., 1999, The Scoff questionnaire: assessment of a new screening tool for eating disorders. British Medical Journal, 319, 1467- 68).</small>	

Southern Support Eating Disorders (SSED) Service is community based and provides free help to anyone who has questions, concerns or symptoms of an eating disorder.

### What we offer

We provide an assessment and referral pathway for people with symptoms and/or behaviours consistent with an eating disorder.

- » An initial confidential assessment over 1-3 sessions.
- » Brief self-help strategy sessions (up to 6).
- » Education and information.
- » Advice for family/whanau to access support networks.
- » We work alongside your GP.

Where appropriate, and in consultation with you and your health provider, a referral will be made to other specialist services.

### Confidentiality

Our service is confidential but with your permission we will liaise with other people or services as appropriate.

### What does it cost?

The SSED Service is free. Usual costs apply for visits to the GP, or if referred to another professional, for example a Clinical Psychologist, but this would be discussed first.

*There may be funding packages that apply.*

### How do you access the SSED Service?

You can contact us Monday to Friday during business hours. Phone **0800 EAT RIGHT (0800 328 744)** or **027 209 7928**

You can also ask your Doctor, Practice Nurse, School Counsellor or family/whanau to contact us. We will then make an appointment with you within two weeks.

Your appointment will usually be held at your GP's office.

### Patient rights and responsibilities

You have a right to expect that the SSED Service will comply with the Health and Disability Commissioner's Act 1994 and the Code of Rights. Information is available from the Health and Disability Commissioner website [www.hdc.org.nz](http://www.hdc.org.nz).

**Please note this is not a crisis or emergency service.**