

EATING DISORDERS OUTREACH PROGRAM

HURON PERTH HEALTHCARE ALLIANCE

Stratford General Hospital
Special Services Unit
90 John Street South
Stratford, ON N6A 2YB



Assessment and treatment of:

Anorexia Nervosa
Bulimia Nervosa
Disordered eating behaviours

SERVICES PROVIDED

- Individual therapy and nutrition counseling by a Registered Dietitian
- Physician and Psychiatry support
- Community education
- * Patients who require more intensive treatment will be referred to London Health Sciences Centre in London, Ontario

CLIENTS WE SERVE

- The outreach program offers services for both adolescents and adults
- Offices are located in Stratford, Listowel and Seaforth, Ontario

WHAT IS AN EATING DISORDER?

Eating disorders are serious mental health disorders characterized by excessive concern with weight and shape. These individuals may have dangerously low body weight and restrictive eating habits, or normal weight and behaviours involving binge eating and purging. Any combination of these signs or those listed below may indicate an eating disorder.

WARNING SIGNS OF AN EATING DISORDER

- Highly concerned with weight and shape
- Poor and distorted body image
- Significant weight loss
- Fear or refusal of weight gain
- Obsession with food (cooking, shopping etc.)
- Extreme weight management techniques - laxative use, excessive exercise, or vomiting
- Irregular or absent menses
- Social isolation, depression or irritability

TO MAKE A REFERRAL

Referrals must be made by a physician and include recent medical evaluation (physical examination and laboratory findings).

FOR FURTHER INFORMATION PLEASE CALL:

Mental Health Services
519-272-8210 ext. 2570

