

no,
it's not an easy, quick fix.
But it can work, once you
channel your own, incredible,
drive to **making it work.**

escaping
from an eating disorder

Saint John of God Hospital

Saint John of God Hospital is an established independent, not for profit, provider of Mental Health Services with experience spanning three centuries.

Its provision of a therapeutic environment conducive to recovery and the clinical experience of its teams consisting of consultant psychiatrists, psychologists, doctors, specialised nurses, social workers and therapists, places Saint John of God Hospital as a recognised leader in the provision of advanced therapeutic treatments.

- Addictions
- Psychosis
- Eating Disorders
- Psychiatry of Later Life
- Stress and Anxiety Disorders
- Adolescent Mental Health



Hospitality • Compassion • Respect • Justice • Excellence

Saint John of God Hospital
Stillorgan
County Dublin

t + 353 1 277 1518

f + 353 1 277 1034

www.sjoghosp.ie



Saint John of God Hospital



Saint John of God Hospital

Where listening creates *hope.*

September 2010



you show
incredible control
over one part of
your life and
great endurance
to live with it.



It takes incredible strength and control to develop an Eating Disorder. Escaping from the grip of that disorder is not easy, but it is possible.

Saint John of God Hospital will help by giving you support, information and the tools to channel your own strength of mind and character to beat that disorder, to recover, and to lead the full, happy, healthy life you deserve.

Don't lose hope. We have helped hundreds of people who have gone through exactly the same thing that you are going through. Many have come out the other side, and so can you.

We don't try to take control away from you. Recovery begins and ends with you. But once you recognise that there is a problem and realise that you want to change to a happier more balanced life, we will give you all our knowledge and expertise which you need to recover.

now
use that
power to
escape.



An Eating Disorder is a very serious illness and is destructive not just physically, but emotionally. Sufferers can get trapped in a crippling cycle without knowing how to stop. It can have massive, unrecognised, effects on family, relationships and friends who are concerned but unable to help.

But there is help at
Saint John of God Hospital.
And it works.

Our treatment programme is based on our experience over 15 years and the latest findings from research and centres all over the world.

When you recognise the fact that you need help after an initial out patient assessment, you will enter into a treatment contract for a group-based programme. There are a variety of programmes available depending on the initial circumstances and your individual needs and requirements.

The programme includes:

- Initial Out-Patient Assessment
- Admission
- Therapy Contracts
- Therapy Groups
- Weight Restoration Programme
- Individual Reviews
- Family Involvement
- Aftercare Programme

No, its not an easy, quick fix. But by channelling your own incredible drive, it can work.

what to do next

If you or someone you know and care about is suffering from an Eating Disorder, then the first thing to do is to make an appointment with your GP.

They will refer you to a Saint John of God Hospital consultant and at the first appointment we will take a careful assessment to determine what levels of emotional and physical care are needed.

Then we will put together a treatment programme for your individual requirements and circumstances and ask you to enter in a treatment contract to help you recover from your Eating Disorder.

But it all starts with that
appointment with your GP.

Make it
today.

What it costs

Your treatment will be built around you and therefore the costs are different for every client.

If you have private health insurance, it will cover your treatment, depending of course on your cover (call us to check).

If you don't have private health insurance, call us to check what other funding options may be available to you.

