

School Setting: Referral Options



For students that have been identified as likely to need external help then an appropriate school staff member may need to make a referral. This factsheet outlines some pathways through which students can access expert treatment.

Emergency Services

If someone is at an immediate risk of harm to themselves and/or there are concerns about their medical safety, **call Triple Zero (000) immediately**, following your school policies.

General Practitioner (GP)

A GP is someone who can assess the student's current condition and refer them to an appropriate level of treatment that best serves their current needs and circumstances.

A GP can assess and monitor any medical risks, prescribe appropriate medications (if required) and arrange admission to hospital, if necessary. A GP can also provide appropriate referral options so that a multidisciplinary team is set up to provide evidence-based treatment.

Essentially the school's role in this process is to encourage families to visit their GP and to seek help. You can find a list of GPs with experience dealing with eating disorders on InsideOut Institute's treatment services database.

Public Mental Health Services

Each state and territory in Australia has public mental health services available for children and adolescents which can provide professional help and advice ongoing treatment and management.

In New South Wales, Public Mental Health Service referrals can be made by calling the **Mental Health Telephone Access Line on 1800 011 511**.

The Butterfly Foundation National Helpline

The Butterfly Foundation offers a 7-day a week phone counselling service that can be accessed by calling **1800 33 4673**. This national helpline specific to eating disorders can support students and parents and offer local referral options.

Other Mental Health Professionals

InsideOut Institute's treatment services database also lists professionals and organisations that provide support for people living with eating disorders including locating your local public mental health services, GPs and other health professionals who have experience working with people with eating disorders (such as psychologists and dietitians).

To access InsideOut Institute's treatment services database go to:
<https://insideoutinstitute.org.au/treatment-services>

