

# Are you concerned that your child has an unhealthy relationship with food, weight or their body?

At times parents and carers present to Perth Children's Hospital Emergency Department with high levels of concern about their child's relationship with food, weight or their body.

Not all young people require inpatient care, however it is important that ongoing health monitoring in the community is planned.

## What to do next:

- Make an appointment for you and your child to see your GP within the next 7 days.
- Ask to book a long consultation so there is enough time to complete a health assessment, discuss concerns and have questions answered.
- Each young person and family have different needs when it comes to health and wellbeing. Your GP is the best person to know which service is right for you.
- Together you can make a plan on how best to move forward.

## Please return to the Emergency Department if your child:

Experiences a medical emergency such as:

- fainting
- heart palpitations
- uncontrolled purging (vomiting)
- prolonged fasting.

Call CAMHS Crisis Connect on **1800 048 636** for mental health crisis support and advice.

If the situation is life threatening, please call **000** immediately.



## Helpful resources:

### Body Esteem Program: Eating Disorders Directory

- Provides a list of services and service providers available in Western Australia
- <https://whfs.org.au/services/eating-disorders/eating-disorder-resources-directory/>



### Eating Disorders Families Australia

- <https://edfa.org.au/>



### National Eating Disorders Collaboration: Tips for Parents

- <https://nedc.com.au/tips-for-carers/>



### F.E.A.S.T. Families Empowered and Supporting Treatment of Eating Disorders

- <https://www.feast-ed.org/>



### F.E.A.S.T. First 30 Days: Online education and support

- Over the 30 days you will learn about eating disorders, caregiving, and the resources available for ongoing learning.
- [www.feast-ed.org/register-now-for-our-30-day-educational-service/](http://www.feast-ed.org/register-now-for-our-30-day-educational-service/)



### Butterfly Foundation

- Whether you need support for yourself or someone you care about, you can call the Butterfly Foundation's free and confidential Helpline on 1800 ED HOPE (1800 33 4673), chat online or email.
- <https://butterfly.org.au/>



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Child and Adolescent Health Service



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