

22<sup>nd</sup> March 2022

Deputy Michael Healy-Rae, TD,  
Dáil Éireann,  
Dublin 2

**PQ 12332/22**

**“To ask the Minister for Health if he will ensure that all supports and services will be in place and will be made available to assist persons who are suffering from eating disorders (details supplied); and if he will make a statement on the matter.”**

**Details Supplied: many people throughout Ireland suffer from different types of eating disorders, in Co Kerry we have children as young as 10 years of age who are hospitalised long term because of eating disorders, this is tragic and every support should be given to groups who try to assist people**

Dear Deputy Healy-Rae,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response.

CAREDS is the Child and Adolescent Regional Eating Disorder Service for Cork and Kerry. They provide specialist eating disorder care for young people under the age of 18 years who have an eating disorder. They are part of the HSE National Clinical programme for Eating Disorders (NCPED) and CAMHS in Cork and Kerry, and work closely with mental health, medical teams, liaison psychiatry and general practitioners to provide specialist eating disorder care across the region. This service accepts referrals from CAMHS, medical consultants and General Practitioners.

In addition to the above, funding was made available in 2021 to progress the recruitment of an Adult Eating Disorder team in Cork and Kerry. We are hopeful that the Adult Eating Disorder Team in Cork and Kerry will be able to commence at end of April 2022. As this is a new team, there will be a short period of time required for this team to prepare Standardised Operational Procedures etc. and for the new team to operate safely. We expect that the Adult Eating Disorder Team will start to take referrals in May 2022.

Adults with eating disorders can still access treatment from local community mental health teams. Adults who have an eating disorder diagnosis and require inpatient care can be referred to any of the HSE's acute inpatient mental health-approved centres around the country. Adults presenting with an eating disorder can also be treated in an acute hospital if their physical health needs require this.

Children and adolescents with an eating disorder diagnosis who require inpatient treatment can be referred to one of the CAMHS inpatient approved centres. Referrals are reviewed individually to determine the likely clinical benefits of admission as well as possible other treatment alternatives.

There are 4 CAMHS Units across the HSE; Linn Dara, Dublin, St Josephs in Dublin, Eist Linn in Cork and Merlin Park, Galway.

The HSE also funds patients in private facilities. Decisions are made based on individual clinical need (as assessed by the local mental health team) and the prioritisation of available funding.

In March 2019 the HSE launched the first Self Care App which provides valuable information for those with or people caring for someone with an eating disorder. A self-care app for people:

- with an eating disorder
- caring for someone with an eating disorder
- worried about developing an eating disorder
- diagnosed or are recovering from an eating disorder

In addition to the above, the HSE provides funding annually to Bodywhys to run the helpline which is delivered by a team of trained volunteers. They also provide a range of services (support groups, online groups, email and family programmes) for adults and young people with eating disorders, and their families.

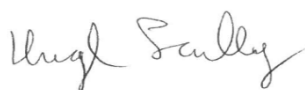
Helpline 01 2107906 Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm. Contact [alex@bodywhys.ie](mailto:alex@bodywhys.ie) for support anytime. Visit [www.bodywhys.ie](http://www.bodywhys.ie)

The HSE also supports Bodywhys to run the [PiLaR](#) (Peer Led Resilience) Programme, a 4-week online modular based programme for parents, friends and carers of a person with an eating disorder to build resilience and gain support in their role as a supporter/friend. Contact [pilar@bodywhys.ie](mailto:pilar@bodywhys.ie) for information on PiLaR

Anyone who is concerned about an eating disorder should discuss it with their GP in the first instance. They can offer medical assessment, support and information on treatment options including referral to community mental health team.

I trust the above clarifies the queries raised.

Kind Regards,



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**Mr Hugh Scully**  
**A/General Manager**  
**Mental Health Services**  
**Cork Kerry Community Healthcare**