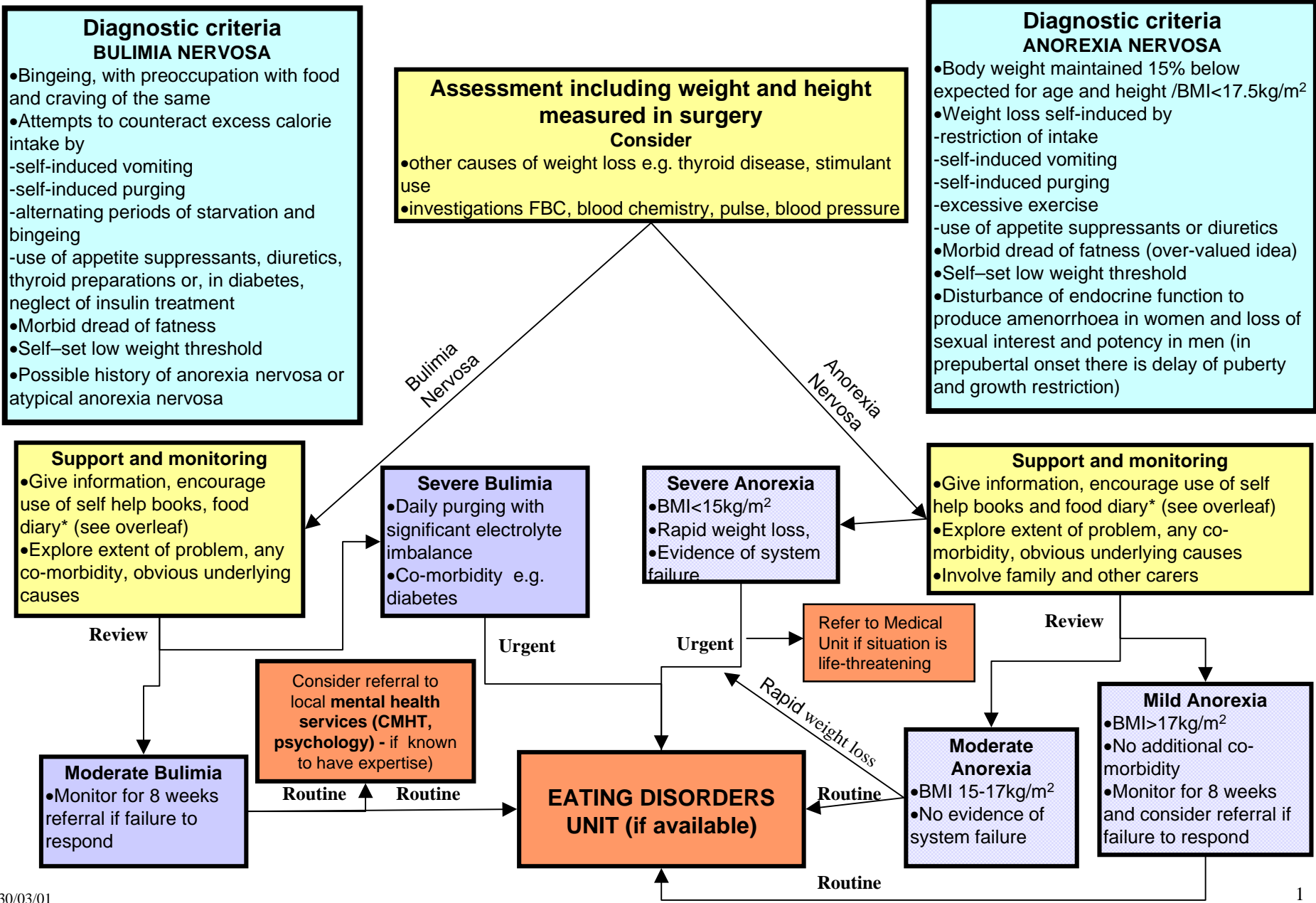


PRIMARY CARE PROTOCOLS FOR COMMON MENTAL ILLNESSES
PROTOCOL III: EATING DISORDERS (18+ years) - identification and referral



PRIMARY CARE PROTOCOLS FOR COMMON MENTAL ILLNESSES

PROTOCOL III: EATING DISORDERS (18+ years) - useful information

Self help books

Bryant-Waugh, R. and Lask, B. (1999). *Eating Disorders - A Parents Guide*. Harmondsworth. Penguin Books.

Cooper P. ***Bulimia Nervosa and binge eating***. Published by Robinson 2000. Distributed by Oxford Stress and Trauma Centre. Phone: 01993 779077

Crisp AH, Joughlin N, Halek C, Bowter C. ***Anorexia Nervosa. The wish to change***. Published by Psychology Press 1996. Distributed by Taylor and Francis. Phone: 01264 343071

Fairburn CG. ***Overcoming Binge Eating***. New York, Guildford, 1995

Palmer RL. ***Understanding Eating Disorders***. Published by Family Doctor Publications, London, available from website www.familydoctor.co.uk

Schmidt U, Treasure J. ***Getting better Bit(e) by Bit(e). Survival guide for sufferers of bulimia nervosa and binge eating disorders***. Lawrence Erlbaum 1993

Treasure J. ***Anorexia Nervosa: a survival guide for families, friends and sufferers***. Psychology Press 1997

General Information

The Eating Disorders Association
1st Floor
Wensum House
103 Prince of Wales Rd
Norwich NR1 1DW
Admin enquiries: 01603 619090
Helpline: 01603 621414
website: www.edauk.com

* Food diary and binge monitoring form

Electronic versions accompany the *WHO Guide to Mental Health in Primary Care*, 2000. ISBN1-85315-451-2, also available on Croydon Health Authority's intranet site www.croydon-ha.sthames.nhs.uk