

Queensland Eating Disorders Service (QuEDS)  
2 Finney Road  
Indooroopilly Qld 4068  
Phone: (07) 3114 0809  
Fax: (07) 3100 7555  
Email: [queds@health.qld.gov.au](mailto:queds@health.qld.gov.au)

# Queensland Eating Disorder Service (QuEDS): Consultation, Training, Treatment

QuEDS is committed to developing and improving the quality of eating disorders services in Queensland and enabling better access to a range of services for people affected by eating disorders.

## Consultation Services

- On request, the QuEDS consultation service offer treatment advice for medical and/or psychiatric treating teams in any Queensland hospital or community team to provide assistance with assessment, management recommendations, discharge planning, and where indicated transfer to the tertiary adult specialist beds at the Royal Brisbane and Women's Hospital (RBWH). These services can be provided in person, by video or teleconferencing. Referral can be made by phone call to 3114 0809 or email to [QuEDSconsultationservices@health.qld.gov.au](mailto:QuEDSconsultationservices@health.qld.gov.au)
- A specialist consultation clinic is run from the RBWH for adults where an eating disorder is developing or has already been diagnosed. Treatment recommendations are then tailored to the needs of the individual and their family. These may involve referrals to private practitioners, public services or to the QuEDS outpatient clinic or day program. Referral is required by GP, using the QuEDS referral form available on the QuEDS webpage: <https://metronorth.health.qld.gov.au/rbwh/healthcare-services/eating-disorder>
- The QuEDS intake phone, 3114 0809, operates from 9am-4pm, Monday to Friday for calls from people affected by eating disorders, treating teams, and/or individual practitioners.
- We recommend that concerned family and friends also contact Eating Disorders Queensland (EDQ) for community services and support on Ph 3844 6055 or <https://eatingdisordersqueensland.org.au/>
- QuEDS also provide consultation for service directors and managers to assist with eating disorder service development.

## Training and Education Services

- QuEDS provide education to health professionals and students throughout Queensland to facilitate skill development to assess and assist people affected by eating disorders.
- A range of training opportunities are offered throughout the year including regular in-service days on inpatient care, adult outpatient treatments, management in primary care, as well as other dietetic, psychological and nursing care topics on request.
- Training can be developed in accordance with the local area or individual service development

needs. Requests and enquiries can be made by email to [QuEDSEducation@health.qld.gov.au](mailto:QuEDSEducation@health.qld.gov.au) or calling 3100 7500.

## Treatment Services

- QuEDS offer a Day Program which runs four days per week, over an eight week period, and includes therapeutic groups and supported meals facilitated by a specialised multidisciplinary team.
- Therapeutic groups focus on practical (e.g. food preparation), psychological (e.g. identifying food rules) and nutritional (e.g. improving variety in eating) aspects of recovery. Family and carers are engaged in this process through a family consult information session and are encouraged to be involved throughout the program.
- QuEDS currently provides two types of evidenced based individual outpatient therapy- Cognitive Behavioural Therapy Enhanced (CBT-E) and Specialist Supportive Clinical Management (SSCM).
- These time limited therapies require a five to ten month commitment, depending on individual needs and family/carer involvement is strongly encouraged throughout.
- Families can also participate in skills-based programs for caring for a loved one with an eating disorder through QuEDS in collaboration with the Eating Disorders Queensland (EDQ).

## Partnerships and Research

- QuEDS is staffed by a specialised multidisciplinary team including psychiatrists, psychiatric registrars, psychologists, social workers, dietitians, occupational therapists and mental health nurses. We also regularly consult with carer and consumer representatives.
- QuEDS has established partnerships with the University of Queensland (UQ), Queensland University of Technology (QUT), and the Queensland Institute of Medical Research (QIMR). We are happy to collaborate on grant applications and research projects with other organisations or to students on clinical or research placements.
- We partner with a range of other government and non-government organisations to deliver training, consultation treatment and research. QuEDS values the expertise of those with lived experience in the planning, development, delivery and evaluation of our services.
- All clients and their families are invited to participate in research that contributes to the quality improvement and international level research in eating disorder care.

## How to connect with QuEDS

- Google 'QuEDS' for our Metro North Mental Health page  
<https://metronorth.health.qld.gov.au/rbwh/healthcare-services/eating-disorder>
- Queensland Health staff can access further information about QuEDS services and resources on the QH intranet at [http://hi.bns.health.qld.gov.au/mental\\_health/eating\\_disorder/default.htm](http://hi.bns.health.qld.gov.au/mental_health/eating_disorder/default.htm)
- Subscribe to more QuEDS information by emailing [QuEDSEducation@health.qld.gov.au](mailto:QuEDSEducation@health.qld.gov.au)
- For QuEDS consultation, training or treatment services:  
Email: [queds@health.qld.gov.au](mailto:queds@health.qld.gov.au)  
Phone: 3114 0809  
Fax: 3100 7555