



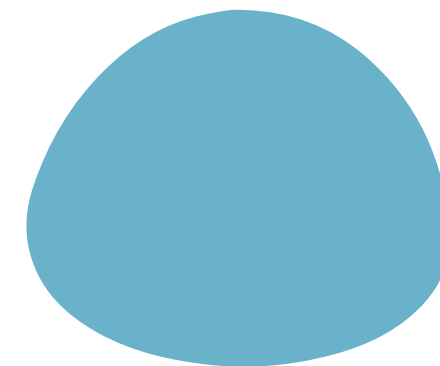
Specialist eating disorder service



Our therapy is evidence-based and focused on the needs of our patients.

Contents

- 4 [About us](#)
- 6 [What services do we provide?](#)
- 8 [How we work?](#)
- 10 [What do we treat?](#)
- 12 [Prices](#)
- 14 [Contact us](#)





About us

We work with patients, families, and mental health professionals to provide immediate access to our outpatient services.

At The Bridge, we work hard to aid the recovery of your or your loved one's eating disorder by providing a patient-centred and holistic approach from a passionate, approachable and knowledgeable team.

We provide immediate access to a multidisciplinary specialist eating disorder service.

We aim to increase the accessibility of eating disorder services and aid recovery by providing patients with immediate access to an evidence-based multidisciplinary team.

Our vision is to improve the health of children and young adults by providing them with immediate access to an evidence-based multidisciplinary eating disorder service.



What services do we provide?

Assessment

We offer an initial assessment by a Registered Mental Health Nurse, who is trained and specialised in eating disorders. By offering a nurse led service, we can make sure to offer the treatment that is suitable and required for your recovery.

Free phone consultation

We provide a free phone consultation with our mental health nurse to discuss your situation and offer advice.

Reports

We provide a range of reports such as: Initial assessment, following a review, referral onto another service, for school, consultant, for case managers and solicitors, GP report.

Training

We deliver training on a broad range of topics, including eating disorders and mental health. All of our training is devised and delivered by our experts in mental health nursing, psychology and dietetics.

Assistance at home and school

At The Bridge, we recognise that it can be difficult for children and adults to follow their treatment plan outside of therapy hours.

Treatment programmes

- Mental health nurse reviews
- Counselling or clinical psychology
- Dietetic reviews
- Group therapy
- Family therapy

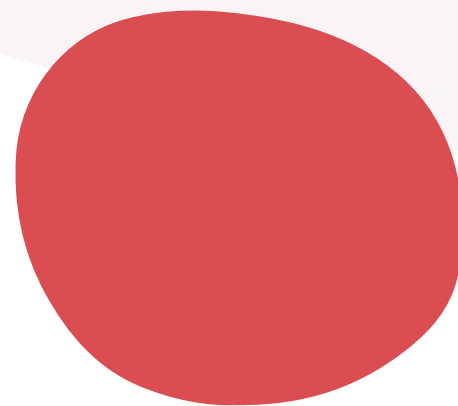


What makes us different to other feeding teams or NHS services?

We are different from the NHS in that we have the time, staff, and resources to ensure your child gets the attention and therapy they need to work through both the psychological and physical elements of their eating difficulties. Our practitioners are all HCPC registered with experience in both NHS and private sectors.

How we work?

We work to provide psychological, dietetic and family based therapy led by a mental health nurse to ensure you or your loved one get the support they need. We provide patients with the best clinical expertise and treatments for their needs. Our therapy is evidence-based and focused on the needs of our patients.



We offer an initial assessment by a Registered Mental Health Nurse, who is trained and specialised in eating disorders.

By offering a nurse led service we can make sure we are offering the treatment that is suitable and required for your recovery.

The assessment will last approximately two hours. Within this time there will be an in depth discussion with both the adult/child and their parents / carers about topics such as the history of disordered eating, family history as well as the person's physical and mental health. This allows your care coordinator the chance to come up with the most suitable treatment plan for your recovery.

The assessment will also be an opportunity for you to ask any questions

about the treatment and what to expect. As part of our multidisciplinary approach, we offer an additional assessment where required with our psychologist and/or dietitian. The dietitian will assess your nutritional status and discuss eating plans available to promote a healthy BMI. This will be done gradually and in conjunction with psychological treatment. Our psychologist is trained in interventions which aid the full recovery of eating disorders.

By providing our services in an outpatient setting, we are able to make sure our service is accessible to more people affected and offer help and support before the illness reaches a critical point.

All members of our team are professionally qualified to ensure you and your loved ones are in safe hands. We offer a complete eating disorder service equipped with professionals that will help you overcome your eating disorder, so you can live a healthy and normal life.



I can't thank The Bridge enough - I feel happy and healthy again and have learned so much through the treatment process.

Eve



What do we treat ?

- Anorexia nervosa
- ARFID
- Binge Eating Disorder
- Body Dysmorphic Disorder
- Bulimia nervosa
- Drunkorexia
- Dual diagnosis
- Muscle Dysmorphia
- Orthorexia nervosa
- OSFED
- Other eating disorders
- Pica
- Pregorexia



Our team consists of a mental health nurse, who is the main point of contact, our psychologist and our dietitian. The initial assessment is held by our Registered Mental Health Nurse and lasts approximately 2 hours. During this assessment we will discuss the full history of the eating disorder

as well as co-occurring illnesses such as anxiety, depression or other important issues currently affecting the patient's life. The initial assessment will also be the time to discuss your goals for recovery. Additionally, we conduct physical observations like height and weight measurements. Following

the initial assessment, our health care coordinator will recommend a treatment plan tailored to your needs. Our multidisciplinary treatment usually consists of weekly sessions with our mental health nurse and / or our psychologist. However, the treatment can be adapted to the individual's needs.

We provide children and adults with immediate access to a multidisciplinary specialist eating disorder service.

Prices

Initial assessment

120 MINUTES

£180

Book now →

Follow up sessions

60 MINUTES

£90

Book now →

At The Bridge, our motivated and passionate multidisciplinary team is able to provide a wide range of services.



We provide people with early access to assessments and interventions.

We provide patients with the best clinical expertise and treatments for their needs.

Contact us

Call us on: 0161 820 8010

Email: office@thebridgeservice.co.uk

Adress: [3-5 St John Street, Manchester, M3 4DN](#)

Website: www.thebridgeservice.co.uk



We would love to hear from you! Please feel free to give us a call or find us on social media.



[illegible]



www.thebridgeservice.co.uk