



EDV Clinic

What is the EDV Clinic?

The EDV clinic provides specialist healthcare services including psychologists, mental health social workers and dietitians. This team of experienced professionals provide support for people experiencing eating disorders, as well as for family and friends who are supporting a loved one.

Clinic contact details

PH: 1300 550 236

E: reception@eatingdisorders.org.au
9.30am – 4.30pm, Monday – Friday
Collingwood Football Club
Community Centre, Level 2, Corner
Lulie & Abbot Streets, Abbotsford,
Victoria 3067

Step-by-step guide to attending the EDV Clinic

STEP 1: Contact the EDV hub on 1300 550 236 or complete the online form available on the EDV website. The EDV Hub will be able to assist you to complete a short pre-appointment screening (over the phone or online). The screening helps ensure we are the most suitable service for you, that you are matched with the appropriate clinician and they are prepared with some background information before meeting.

There will likely be a waiting period at the time of your enquiry. You will be informed of the current wait time when you undergo the screening.

STEP 2: See your GP for a referral. Information for your GP including a referral form can be found here: www.eatingdisorders.org.au/find-support/eating-disorder-psychologist/.

If you have been diagnosed with an eating disorder you may be eligible for subsidised treatment through Medicare through an Eating Disorder Plan (EDP). Your GP will arrange this for you. More information about Medicare and eating disorders can be found here: www.eatingdisorders.org.au/eating-disorders-a-z/medicare-eating-disorders/.

STEP 3: Reception will send you links for some online forms to be completed before your initial appointment. It is important this paperwork is completed well before your first appointment to ensure no delays and that you receive any eligible subsidies.

STEP 4: Once paperwork has been completed you will receive the link if it is a Telehealth appointment, or details of your in-person appointment.

If you are attending the clinic in person, we recommend arriving 10-15 minutes before your appointment time to complete any missing information and to settle in for your session. We have a few areas where you can sit, have a cup of tea and wait.

Reception will inform you of any COVID-19 safety measures prior to your appointment as advised by with the Victorian Government. If you are feeling unwell (experiencing any flu like symptoms) please stay at home. The health and wellbeing of our clients and staff is our priority, so please help us all stay safe.

FAQs

Who will I see?

We have a number of accredited mental health clinicians and dietitians who are experienced in supporting people with eating disorders, and will match you with someone who best suits your needs. The mental health team is made up of Psychologists, Clinical Psychologists and Mental Health Social Workers – the difference between these professions relates to the training pathways they have taken and the rebates provided by Medicare. All clinicians at EDV are accredited to deliver psychological strategies to support people experiencing eating disorders. Meet the EDV mental health team here: www.eatingdisorders.org.au/find-support/eating-disorder-psychologist/ and the EDV dietetics team here: www.eatingdisorders.org.au/find-support/eating-disorder-dietitian/.

How will it help me?

Our clinicians help you create sustainable changes so you can live a healthy and fulfilling life. We work collaboratively with you to develop skills and coping strategies so you have the tools to sustain positive change for recovery.

We can also support parents, partners, siblings and relatives of someone with an eating disorder by making sense of what is happening and discussing strategies for self-care.

Please note, the service does not offer diagnostic services; rather we look at what is going on for you and how we can help you make changes to improve your health and wellbeing.

Dietitians understand how your body works and how nutrition plays an important part in wellbeing and recovery from an eating disorder. They will work collaboratively with you to develop knowledge, strategies and skills around food, eating and nutrition.

What are the fees?

We understand that it can be difficult to afford ongoing therapy, and our fees are lower than those recommended by the Australian Psychological Society and Dietitians Association Australia. Fees for the Mental Health Clinic vary from \$135 to \$185 per session, depending on the type of clinician you see. Fees for dietitians range from \$75 to \$125 depending on the type of appointment.

If you have a referral from a GP through an Eating Disorder Plan (EDP) or Mental Health Care Plan, you may be eligible for a Medicare rebate of up to \$84.80 per session.

A concession discount of \$20 is available to full time students, and Health Care or Pension card holders.

For most clinicians, expect to pay a gap fee of around \$70 per session. It is important to note that clinicians who

specialise in treating eating disorders are highly skilled, with many years of tertiary training.

Fees are all paid online and must be received at the time of your session. If you are unable to pay online please contact Reception to make an alternative arrangement. Medicare rebates are available at the time of payment with no need to submit your receipt.

For more information on fees please contact reception.

Will my private health fund cover any of the cost?

That depends on your level of cover. Please consult your individual fund for further information.

What if I need to cancel or reschedule my appointment?

If you have to cancel your appointment at short notice, we are unable to offer your place to someone else. The following cancellation fees will apply:

0-24 hours notice: Full fee payable

24-48 hours notice: 50% of fee payable

The clinic is often fully booked (or close to) and there is often a waitlist for appointments. For this reason there are cancellation fees. When there is not enough time to refill an appointment, clients who could have taken the session, and the practitioners, miss out.

How many sessions can I have?

You are welcome to attend our services for as long as you need. To access Medicare rebates for your sessions you

will need to continue to review your treatment plan with your GP.

What other support is available?

EDV offers a range of support services for those with an eating disorder and their family and friends. These services include the Telehealth Nurse service, Peer Mentoring Program, support groups, workshops and a Wellbeing Program. For more information, please contact the EDV Hub or visit the EDV website www.eatingdisorders.org.au.

