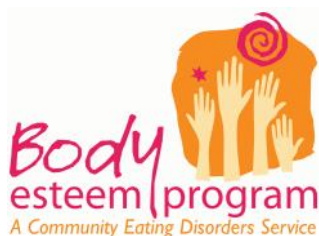


# Eating Disorders Resource Directory: Psychiatrists [ 2022 ]



**A listing of services in the Perth Metro  
area, relating to eating disorders**



**womens health  
& family services**

Coordinated by the *Body Esteem Program*, as part of *Womens Health & Family Services*



She who has health has hope;  
and she who has hope,  
has everything

*Arabian Proverb*

# Introduction

Welcome to the Womens Health & Family Services (WHFS) Body Esteem Program's Eating Disorders Resource Directory.

This directory contains a listing of services related to eating disorders that are provided by private health professionals, community organisations and government departments in the Perth metropolitan area. It has been divided into various sections based upon profession, then listed by suburb in alphabetical order. Each listing has contact information and we encourage you to contact the service providers directly to verify their details as the information may be subject to change.

## Are you a Service Provider that supports people with eating disorders?

If you would like your service to be listed in the directory, please complete the [Directory Proforma](#), and submit it via [email](#).

For all additional queries or feedback regarding the listings in this directory, please contact the:

### Body Esteem Program Coordinator

Phone: (08) 6330 5400

Email: [BEP@whfs.org.au](mailto:BEP@whfs.org.au)

### Disclaimer

Whilst every effort has been made to list entries and data correctly, Womens Health & Family Services (WHFS) does not take responsibility whatsoever for any error or omissions that may occur in this publication. The information, including all fees and charges were correct at the time of the compilation and may be subject to change.

The information set in the directory is provided in good faith as a service. It is the responsibility of the users of this directory to make their own enquiries as to the suitability of the service they may require.

Womens Health & Family Services is unable to uphold the standards of any of the practitioners or services listed and hence disclaims legal liability for any loss, damage or personal injury resulted from referral or contact with the aforementioned including any consequential damage.

## Womens Health & Family Services

The Body Esteem Program (BEP) is a service of Womens Health & Family Services (WHFS).

WHFS was first established in 1977 as Women's Health Care House, with the primary aim of providing quality health care to socially disadvantaged women in Western Australia. Over the years the service has evolved and now offers a full range of clinical, therapeutic supportive services to women and their families within the community and beyond.

The services available at WHFS are based on an understanding of health within a social context. This social model of health acknowledges that health is determined by a broad range of factors: social, environmental, economic and biological. This model recognises that differences in health status and outcomes are related to gender. Age, socio-economic status, ethnicity, environment, disability, sexuality and discrimination.

WHFS aims to provide quality; women centred and integrated services to women and their families and communities. They are committed to providing holistic, inclusive and cultural respectful services that enable every woman to achieve her aspiration.

WHFS provides on site and outreach programs from locations across Perth metropolitan and regional areas. For a full list of services please visit [www.whfs.org.au](http://www.whfs.org.au)

**Health is a complete state of physical, mental, spiritual and social wellbeing, not merely the absence of disease and infirmity.**

(World Health Organisation)

## Body Esteem Program

The Body Esteem Program (BEP) was first established in 2005 in response to community needs. The service has assisted many women and their families by supporting individuals through their eating disorder into recovery.

The programs offered aim to inspire freedom by empowering women to achieve health, balance and recovery through shared experience and support.

The Body Esteem Program aspires to the belief that all women:

- Are entitled to live free from the constraints of an eating disorder.
- Should be given the opportunity to explore their disordered eating experience in a professional, safe and supportive environment.
- Have the ability to develop insight into eating related behaviours, thoughts and feelings.
- Have the capacity to take ownership of their eating disorder and recovery process.
- Deserve to be equally heard and validated in their experience with an eating disorder.
- Benefit from additional support from family, friends and other professional service providers.

## The Programs

The Body Esteem Program 20 week self-help programs:

- Are for women 18yrs and over
- Meet weekly
- Have one group for women who experience Anorexia or Bulimia Nervosa and another for women who experience Binge Eating Disorder
- Require participants to access individual therapy in addition to attending the group
- Require participants to meet certain inclusion criteria

The Parent/Partner Support Program (PESP) is for family members, partners/carers or friends who have a loved one with an eating disorder.

The one day workshop aims to:

- Provide information about the nature of an eating disorder and recovery in order to help people gain a deeper understanding of what their 'loved one' maybe experiencing
- Acknowledge and strengthen family communications and provide an opportunity for people to learn strategies for self-care

# Psychiatrists

AREA	PROVIDER	PHONE	PAGE
Nedlands	<a href="#">Dr Vash Singh</a>	9389 6586.....	<b>18</b>
Nedlands	<a href="#">Dr Stuart McCormack</a>	9389 5180.....	<b>19</b>
Nedlands	<a href="#">Dr Roger Paterson</a>	9389 5155.....	<b>20</b>



## Nedlands

<b>Service Provider</b>	<b>Dr Vash Singh (Psychiatrist)</b>
Address	<b>Hollywood Medical Centre</b> Suite 26, 85 Monash Avenue Nedlands 6009
Telephone	9389 6586
Fax	9389 7668
Email	<a href="mailto:reception@suite26hmc.com.au">reception@suite26hmc.com.au</a>
Opening Hours	8.00am—4.00pm Mon, Tues, Wed, Thurs 8.00am—1.00pm Friday
Contact Person	Sue Lewis
Type of service	Psychiatry
Service description	Eating Disorders Mood and Anxiety Disorders
Referral process	Fax or Email to rooms
Eligibility	Psychiatric assessments/treatment. General Adults
Waiting period	Approx 6-8 weeks
Fees / Charges	Private practice—no bulk billing. A list of fees can be given to patients on request
Rebates	Medicare rebates available
Governing body	Royal Australia New Zealand College of Psychiatry
Currently Registered	Yes



## Nedlands

<b>Service Provider</b>	<b>Dr Stuart McCormack (Psychiatrist)</b>
Address	<b>Hollywood Medical Centre</b> Suite 25, 85 Monash Avenue Nedlands 6009
Telephone	9389 5180
Fax	9389 7738
Email	<a href="mailto:suite25reception@inet.net.au">suite25reception@inet.net.au</a>
Opening Hours	Monday to Wednesday 9:00am—4:00pm (by appointment)
Contact Person	Reception
Type of service	Psychiatrist
Service description	Mental Health Management
Referral process	GP referral
Eligibility	Psychiatric assessments / treatment. General Adults
Waiting period	Varies
Fees / Charges	On Enquiry
Rebates	Medicare rebates available
Governing body	Not Stated
Currently Registered	Unknown

## Nedlands

<b>Service Provider</b>	<b>Dr Roger Paterson</b> <i>(Psychiatrist—Private Practice)</i>
Address	<b>Hollywood Medical Centre</b> Unit 37, 95 Monash Avenue Nedlands 6009
Telephone	9389 5155
Fax	9389 5166
Mobile	0411 155 439
Email	<a href="mailto:37reception@gmail.com">37reception@gmail.com</a>
Opening Hours	7.30am—5.00pm, Mon—Fri 8.00am—12.30pm Sat
Contact Person	Dr Roger Paterson
Type of service	Consultations / Medication
Service description	Available to see Binge Eating patients (Bulimia Nervosa and BED? & Anorexia Nervosa patients waiting to access an eating disorder plan
Referral process	GP referral
Eligibility	All
Waiting period	2—4 weeks
Fees / Charges	EDP Bulk Bill—New case and follow up review Others— New case assessment \$560, follow up review \$200
Rebates	Medicare
Governing body	Not Stated
Currently Registered	Unknown

# Additional Support

## USEFUL WEBSITES

### The Butterfly Foundation

Support line: 1800 334 673

[www.butterflyfoundation.org.au](http://www.butterflyfoundation.org.au)

[www.howfaristooofar.org.au](http://www.howfaristooofar.org.au)

### Bridges Association

[info@bridges.net.au](mailto:info@bridges.net.au)

[www.bridges.net.au](http://www.bridges.net.au)

### National Eating Disorders Collaboration

[www.nedc.com.au](http://www.nedc.com.au)

### Reach Out and Recover

[www.reachoutandrecover.com.au](http://www.reachoutandrecover.com.au)

### Eating Disorders Victoria

[www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

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## WEBSITES FOR FAMILIES AND FRIENDS

### Around the Dinner Table

[www.aroundthedinnertable.org/](http://www.aroundthedinnertable.org/)

### The Maudsley Parents

[www.maudsleyparent.org](http://www.maudsleyparent.org)

### Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T)

[www.feast-ed.org/](http://www.feast-ed.org/)

### Feed your Instinct

[www.feedyourinstinct.com.au](http://www.feedyourinstinct.com.au)

### Eating Disorders Families Australia

[www.edfa.org.au](http://www.edfa.org.au)

[admin@edfa.org.au](mailto:admin@edfa.org.au)

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## RELATED SUPPORTS

### Headspace

[www.headspace.org.au](http://www.headspace.org.au)

### SARC

(Sexual Assault Resource Centre)

Emergency/Crisis line: (08) 6458 1828

Freecall: 1800 199 888

[www.kemh.health.wa.gov.au/services/sarc/](http://www.kemh.health.wa.gov.au/services/sarc/)

### Beyondblue

Support line: 1300 224 636

[www.beyondblue.org.au](http://www.beyondblue.org.au)

### Kids Helpline

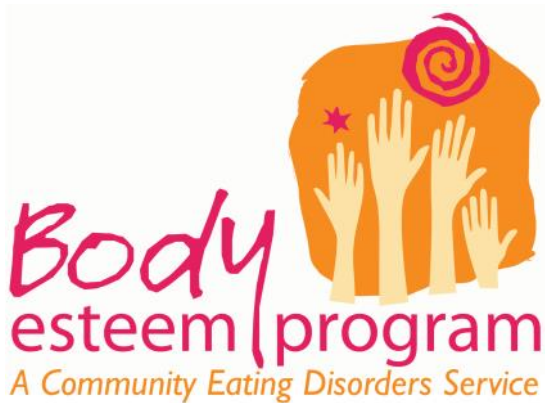
Support Line: 1800 55 1800

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Lifeline

Support line: 13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)



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**Mental Health Commission**

a program of



womens health  
& family services

Email: [BEP@whfs.org.au](mailto:BEP@whfs.org.au)

Website: [www.whfs.org.au](http://www.whfs.org.au)

#### **JOONDALUP**

Suite 6, Joondalup Lotteries House  
70 Davidson Terrace, Joondalup 6027

**Phone:** (08)6330 5400 **Fax:** (08)9300 1699

#### **NORTHBRIDGE**

227 Newcastle Street, Northbridge 6003

**Phone:** (08)6330 5400 **Fax:** (08)6330 5499