

Just received an Eating Disorder Treatment Plan (EDPT)?

Now what?

- Book in with your health care professionals
- Check the date your GP put at the top of the EDP referral

Tip: This will help you know when the plan will expire - 12 months from that date!

- Put a reminder in your phone to book a GP appointment at a time just after your referral expires (can be from day after it expires) to request a new referral (you might not need it, but better to be sure & not stuck without rebates!)
- Book an appointment with a psychiatrist (>18 or <18) or paediatrician (<18) for a review approximately 20 sessions into your treatment (usually this is about 20 weeks after you start treatment)

Tip: the 20 session review must be completed by a specialist and they are very hard to get into, so get in early!

- Keep a tally of your sessions under your EDP - you also need a GP review after your 10th, 20th & 30th sessions



My EDTP checklist

Date of my EDTP:



Session dates & reviews:

1-10 session dates	11-20 session dates	21-30 session dates	31-40 session dates
✓			
10 session review – GP	20 Session review – specialist	30 Session review – GP	40 sessions – EDP completed