How do I sign up?

We typically accept written referrals from GPs, Single Points of Access (SPA) or other medical professionals. We advise all referrals to be sent with the SPA referral form, as this will speed up the process of referral.

After we accept your referral, you will be invited to attend an assessment with a clinician. Following the assessment, you will be put onto a waiting list for this intervention if it is suited to your needs.

West London Community Eating Disorders Service (WLCEDS)

Ealing site
South East House,
St Bernard’s Hospital,
Uxbridge Road, Southall
Middlesex UB1 3EU

Hounslow site
Lakeside Mental Health Unit
West Middlesex Hospital
Twickenham Rd
Isleworth
TW7 6AF

Tel: 020 8354 8745
Fax: 020 8354 8526
Email: wlm-tr.eatingdisorders@nhs.net
Web: www.westlondon.nhs.uk

We would like to hear about your experience with West London Community Eating Disorders Service.

Please tell us what was good and what we could be doing better. Your feedback helps us to improve.

Please share your story online at www.careopinion.org.uk
What is MANTRA?
The Maudsley Model of Anorexia Treatment in Adults (MANTRA) is a highly effective therapy tailored to the specific needs and characteristics of people dealing with anorexia nervosa (AN). It is the NICE recommended first line treatment for adults with AN.

This treatment tackles key maintaining factors in those with AN. These are as follows:

- Rigid, detail-focused thinking style with fear of failure
- Inexpressive, avoidant emotional and relational style
- Pro-anorexia beliefs
- High expressed emotion and enabling and accommodating of the illness of close others

In 2017, the National Institute for Health and Care Excellence (NICE) has recommended MANTRA as a first line treatment for adults with anorexia nervosa.

What can I expect from MANTRA?
- You will be offered 20 therapy sessions with a psychologist
- The first 20 should run on a weekly basis
- Depending on severity, some people will have extra lessons

How will it help me?
MANTRA helps people to understand what causes their anorexia. It focuses on what is important to you personally, and encourages you to change your behaviour when you are ready.

This treatment has been structured so that people who work or study can still participate alongside their other commitments and daily activities. It takes a very collaborative and motivational approach. It includes monitoring of risk, addresses nutrition, and family and carers can be involved in the therapy if you think this would be helpful.

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Recommended Reading

For Anorexia:
- Overcoming Anorexia Nervosa by Christopher Freeman

For All Diagnoses or EDNOS (Eating Disorder Not Otherwise Specified):
- UK Eating Disorder Charity beat: www.b-eat.co.uk

For Body Image:
- Body Image Workbook: An Eight-Step Programme for Learning to Like Your Looks by Thomas Cash
- Overcoming Body Image Problems Including Body Dysmorphic Disorder by Rob Wilson & David Veale

For Carers:
- Skills-Based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Model by Janet Treasure, Grainne Smith & Anne Crane