



Checklist for Loved Ones

First Steps to Getting Your Loved One into Treatment

Talking to Your Loved One About Eating Disorders

Family and friends can play an important role in identifying eating disorder behaviors and symptoms. Although it is not always easy to discuss eating disorders, expressing your concern is instrumental in getting your loved one the care they need.

✓ Keep Lines of Communication Open

Be open and honest. Early detection and intervention are key in the recovery process. Don't give up if your loved one initially rejects your pleas that they seek help.

✓ Be Prepared for a Negative Reaction

Some people are glad that someone has noticed they are struggling, but others respond differently.

✓ Avoid Overly Simplistic Solutions

It can leave your loved one feeling frustrated, defensive, and misunderstood.

✓ Use "I" Statements

You may sound accusatory if you use "you" statements.

✓ Express Your Concerns

Talk about behaviors and changes you have observed and calmly point out why you are concerned.

✓ Stay Calm, Caring, Consistent, and Nonjudgmental

Remind your loved one that there's no shame in admitting their struggle with an eating disorder or other mental health problem.

Every Journey Begins with a Single Step

Our Intake & Admissions Team consists of master's-level clinicians who are here to help you and your loved one through every step of the admissions process.



Reach Out

From the moment you reach out to us, we will provide support, education, and guidance to ensure your loved one receives the care needed.



Make a Plan

Once your loved one receives a level of care recommendation, our team will review their insurance benefits, answer any questions, and schedule an admission date.



Assess Your Needs

Our team of master's-level clinicians will complete a level of care assessment, collecting clinical and medical information to determine the next best step toward recovery.



Take the Next Step

From admission day on, a multidisciplinary treatment team will work with your loved one, their family, and their community of support to provide the skills and encouragement needed to foster lasting recovery.

How to Support a Loved One During Treatment

By searching for answers, trying to understand, and seeking professional guidance, you have taken the first step toward getting your loved one the care they need. Full recovery from an eating disorder is possible, and we are here to help.

- Learn the differences between facts and myths about weight, nutrition, and exercise.
- Don't expect insight or buy-in. It's normal for someone struggling with an eating disorder to be resistant to treatment.
- Listen openly and reflectively. Be patient, nonjudgemental, and express any concerns that arise.
- Continue to reach out—individuals with eating disorders may find it hard to socialize and may push people away.
- Focus on the emotional aspects of an eating disorder, not just the physical aspects.
- Do not comment about your loved one's weight or body in any way. Focus on positive personality traits and other qualities that have nothing to do with appearance.

This checklist is intended for use in a non-emergency situation. If you or a loved one are experiencing a medical or psychiatric emergency, are medically unstable, or are at risk of suicide, call 911 immediately.



At Veritas Collaborative, we provide compassionate eating disorder treatment around best practices and evidence-based care. With a range of services for children, adolescents, and adults, Veritas offers Inpatient, Residential, Partial Hospitalization, Intensive Outpatient, and Outpatient levels of care. In-person and telehealth options are available.

Our multidisciplinary treatment teams in North Carolina, Virginia, and Georgia share a passion and a mission inspired by a collaborative community of care. We are committed to providing individualized treatment in a gender-diverse and inclusive environment.



Together we are stronger. Contact us today.

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