



Checklist for Loved Ones

First Steps to Getting Your Loved One into Treatment

Talking to Your Loved One About Eating Disorders

You know your loved one better than anyone. That's why family and friends can play such an important role in helping their loved one seek treatment. 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 to the recovery process. Don't give up if your loved one initially rejects your pleas to reach out for 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

Simplistic advice like "Just make yourself eat" can leave your loved one feeling frustrated, defensive, and misunderstood.

✓ Use "I" Statements

"I" statements help you frame concerns as your own feelings rather than something your loved one is doing wrong. "I feel worried about your well being when you binge eat" sounds less accusatory than "You need to stop binge eating eating. You'll hurt yourself."

✓ 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 issue.

Every Journey Begins with a Single Step

Our Admissions Team is here to help you and your loved one through every step of the admissions process.



Contact Us

From the moment you reach out to us, we will provide support, education, and guidance to ensure your loved one receives the care needed. During that first call, we'll answer any questions you or your loved one have about treatment, gather insurance information, and schedule an intake appointment. We're here when you need us, 7 days a week. Call 855-875-5812 or visit [veritascollaborative.com](https://www.veritascollaborative.com) to get started.



Eating Disorder Assessment

During intake, your loved one will be asked a series of questions related to their relationship with food and body image. Then the intake therapist will share their recommendation for care. After that, we'll talk through the logistics of attending treatment and determine a start date.



Admission

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

How to Support a Loved One During Treatment

You have already taken the first step toward getting your loved one the care they need by searching for answers, trying to understand, and seeking professional guidance. 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 buy-in right away. It's normal for someone struggling with an eating disorder to be resistant to treatment.
- Listen openly and reflectively. Be patient, nonjudgmental, 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.



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 of all genders, we offer 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 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.



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