



IS IT TIME TO CALL FOR HELP?

The following questionnaire is a helpful tool to screen for disordered eating behaviors. **If the respondent answers "yes" to two or more questions, further assessment is warranted.**

- Do you worry about your weight and body shape more than other people?
- Do you avoid certain foods for reasons other than allergies or religious reasons?
- Are you often on a diet?
- Do you feel your weight is an important aspect of your identity?
- Are you fearful of gaining weight?
- Do you often feel out of control when you eat?
- Do you regularly eat what others may consider to be a large quantity of food at one time?
- Do you regularly eat until feeling uncomfortably full?
- Do you hide what you eat from others, or eat in secret?
- Do you often feel fat?
- Do you feel guilty or depressed after eating?
- Do you ever make yourself vomit (throw up) after eating?
- Do you use your insulin in ways not prescribed to manage your weight?
- Do you take any medication or supplements to compensate for eating or to give yourself permission to eat?
- Do you exercise for the sole purpose of weight control?
- Have people expressed concern about your relationship with food or your body?

Call us at 1-855-875-5812 for a complete assessment, and help someone you love take the first step to healthy living.



We provide compassionate, personalized eating disorder treatment. Offering a range of services for children, adolescents, and adults in a gender-inclusive environment, our multidisciplinary teams in North Carolina, Virginia, and Georgia share a passion for helping our patients overcome these challenging illnesses. No matter where you are in your journey toward recovery, *there is hope.*



The Flats Exchange on Erwin
2612 Erwin Road, Unit 2114
Durham, NC 27705

TALK TO US TODAY.

To learn more about lodging or our array of eating disorder treatment programs, please contact us at 1-855-875-5812 or visit us online at veritascollaborative.com.



MAKE PEACE WITH FOOD.

1-855-875-5812 | veritascollaborative.com

LODGING FOR INTENSIVE PROGRAMMING



A PLACE TO STAY DURING INTENSIVE DAY TREATMENT

Veritas Collaborative offers nationally recognized day programs for people who struggle with:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge eating/ Compulsive Overeating
- Other Specified Feeding or Eating Disorders (OSFED)
- Avoidant/Restrictive Food Intake Disorder (ARFID)

In our Partial Hospitalization Programs (PHP) patients typically participate in treatment a minimum of 30 hours per week.

Veritas Collaborative's lodging options give individuals in this program a comfortable, safe, and supportive place to stay while working on their recovery.



HOME AWAY FROM HOME

Veritas Collaborative offers lodging in North Carolina for adults of all genders who are admitting to partial hospitalization and meet lodging criteria:

- 18 years or older
- Live far from treatment
- Pass a background check

At Veritas Collaborative, we have created safe havens so that the journey to recovery can begin in a place that feels like home. Lodging accommodations are beautifully furnished and located near our sites, public transportation, shops, and restaurants.

PEER-SUPPORTED COMMUNITIES

Lodging offers a chance for patients to practice real-life recovery skills in a supportive, non-therapeutic setting.

Visit [veritascollaborative.com](https://www.veritascollaborative.com) for more information or call us to take a tour of any of our lodging locations.

