



7 ANSWERS TO COMMON QUESTIONS

Getting the Support You Need

Asking for help and seeking treatment (or entering treatment) comes with lots of questions. Here we'll unpack some of the most frequently asked questions, so you can feel more confident and informed in getting the care you need and deserve.

FREQUENTLY ASKED QUESTIONS



✓ **What if I'm not sure I need or want treatment?**

It is normal to have mixed feelings about treatment. Our assessment team consists of master's-level clinicians who can listen to your unique story, provide options and help you to make the right decisions for you and your family.

✓ **Can you work with my current outpatient providers? They know me best.**

If your therapist, physician or dietitian refers you to our program, we will collaborate with them throughout your treatment process. Our goal is to set you up for success when you transition to outpatient care after our program.

✓ **How do I figure out transportation and lodging?**

Arranging travel logistics can feel overwhelming as you prepare to enter treatment. We offer complimentary travel concierge services for our out-of-town patients to book flights, set up car services, find discounted lodging for loved ones and more.

Learn More: EatingRecovery.com/Concierge-Service | PathlightBH.com/Concierge-Service

✓ **How will I afford treatment?**

Our programs are covered by most major insurance companies, and we help you navigate the insurance process from admission through discharge.

Learn More: EatingRecovery.com/Insurance | PathlightBH.com/Insurance

Get more resources to help you unpack recovery.
EatingRecovery.com/UnpackRecovery
PathlightBH.com/UnpackRecovery

Contact us to schedule a free assessment with a master's-level clinician. 1-877-825-8584
EatingRecovery.com | PathlightBH.com

Most commercial insurance accepted

“It took me years to seek treatment for my eating disorder. Going to ERC saved my life physically, mentally and emotionally and I couldn't be happier with my decision to seek treatment.”

– A.C., Former Patient



What's Treatment Really Like?

Monthly Q&A Event

Sometimes getting answers leads to more questions. If that's how you're feeling, join us to learn more and get your questions answered by our experts.

Sign up today!



✓ Can I continue school while in treatment?

Yes! Eating Recovery and Pathlight At Home, our virtual intensive outpatient program, allows students of all ages to stay in school while participating in treatment from the comfort of home. For kids and teens in our on-site programs, school time with a dedicated education specialist is included in the program schedule. For college students in our adult programs, most campuses offer flexibility and protection for students seeking mental health treatment.

Learn More: EatingRecovery.com/AtHome | PathlightBH.com/AtHome

✓ How will participating in treatment affect my employment?

In some cases, your job can be protected by short-term disability, the Family Medical Leave Act or other protected leave depending on your state. ERC Pathlight provides required documentation to employers and will advocate on your behalf.

✓ Will I be able to stay in contact with my family while I'm in treatment? What if my loved ones don't understand?

Loved ones can play an important role in your recovery. We offer family education, support groups, family therapy and free time for visits with loved ones during treatment. Our therapists are experienced in guiding productive conversations and helping families understand the treatment process.

Learn More:
EatingRecovery.com/FamilySupport
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