



Treatment Options for Your Eating Disorder

It's normal to feel nervous about seeking treatment for an eating disorder, and it can be hard to accept that you are struggling with one in the first place. Luckily, there are many different kinds of treatment options out there, and your provider will help you decide which one(s) will work best for you and your unique situation. We hope this handout helps you understand some of the treatment types you might encounter on your journey toward recovery. If you have any questions, don't hesitate to ask your provider for clarification!

Common Eating Disorder Treatment Options

Acute Medical Stabilization

This treatment involves hospital stabilization for patients who have medical complications from their eating disorder.

Inpatient Treatment

This treatment is done while at a medical or psychiatric facility. Care includes monitoring, medication management, intensive therapy, and weight restoration.

Residential Treatment

This treatment can be done in a hospital setting or at a private care facility. Similarly to inpatient treatment, care involves intensive therapy and monitoring progress.

Partial Hospitalization

This treatment takes place five days a week for 6-8 hours, with patients returning home every evening. Care is similar to residential treatment, with therapy and monitoring.

Intensive Outpatient Treatment

This treatment occurs 2-3 times a week for at least 3 hours each time, leaving time for patients to attend school or work while still receiving intensive therapy and care.

Outpatient Treatment

This treatment involves weekly therapy sessions while the patient is able to attend school or work; it's a common treatment choice for those with less severe symptoms.



Resources for Additional Support

Whether you're waiting to connect with a treatment referral or simply need more support, there are plenty of options available! Below is a list of hotlines and helplines, as well as active support groups for those who are living with an eating disorder and their families.



Hotlines & Helplines

Crisis Text Line
text 741-741

National Suicide Prevention Hotline
call or text 988

National Alliance for Eating Disorders Hotline
call 1-866-662-1235

SAMHSA National Helpline
call 1-800-662-HELP (4357)

**National Association of Anorexia Nervosa
and Associated Disorders (ANAD) Helpline**
call 1 (888)-375-7767

**National Alliance on Mental Illness
(NAMI) Helpline**
call 1-800-950-NAMI (6264)



Support Groups

Eating Disorders Anonymous
eatingdisordersanonymous.org

**National Association of Anorexia Nervosa
and Associated Disorders (ANAD)**
anad.org

National Alliance for Eating Disorders
allianceforeatingdisorders.com

Project Heal
theprojectheal.org

The Eating Disorder Foundation
eatingdisorderfoundation.org

Eating Recovery Center
eatingrecoverycenter.com