

Eating Disorder Recovery Checklist

STEP 1: Ask for help

Whether you decide to talk to a trusted friend, family member, or health care professional, here are some tips to get the conversation started:

- Set a time to talk in a comfortable place away from distractions.
- Let the person know when you began having different thoughts and behaviors regarding food, weight, or exercise
- Reveal any physical health effects (fatigue, loss of hair, digestive problems, etc)
- Let this person know how you would like them to support you in finding help and recovery

STEP 2: Find a specialist

Eating disorder recovery is much easier when you have experienced, caring health professionals on your team. Begin by making an appointment with a licensed counselor. Your counselor will help you continue with steps 3 & 4.

To find a specialist in your area, contact:

- A Place of Healing 423-815-9511 or
- Call the National Eating Disorders Association's hotline 1-800-931-2237.

My Counselor is: _____

Appointment date: _____

STEP 3: Address health problems

Nothing is more important than your physical well-being. Even if you only occasionally fast, binge, or purge, there may be damage caused to your health, so it's important to get a full medical evaluation.

My primary care doctor is: _____

I was evaluated on: _____

STEP 4: Make a long-term treatment plan

Your physician or therapist can work with you to develop a recovery plan. Treatment options may include:

- residential treatment facility
- local treatment team

Disclaimer:** By accepting referral information from A Place of Healing, I understand and agree that A Place of Healing is in no way responsible for the acts, omissions, results or services of any of the providers, or for any other actions I or anyone else takes based upon the information provided by A Place of Healing. *resources:**

www.helpguide.org/mentaleating_disorder_treatment



A Place Of Healing

AN EATING DISORDER RESOURCE CENTER

RESOURCE CENTER HOURS OF OPERATION:

Resource Center Address:

509 E Watauga Ave
Johnson City, Tennessee 37601

Phone: (423) 815-9511

Email: onlinestaff@healingTN.org

Website: <http://www.healingtn.org>

For an emergency call NEDA hotline:
1-800-931-2237

OUR MISSION

Raise awareness and provide educational resources and professional referrals to the Northeast Tennessee Region on the topic of eating disorders, disordered eating, and related body issues.

By raising awareness of eating disorders we strive to empower those suffering in our area by helping them understand they are not alone, and that they can successfully make their recovery stronger than the disease.