



## NEDA TOOLKIT for Parents

# Find eating disorder treatment

*Online databases and telephone referral lines are available to help families find a suitable treatment setting. Excellent resources are listed below.*



### Treatment Center Databases to Search

#### NEDA

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

**Treatment center listings can be accessed from the NEDA homepage.** This database contains listings from professionals who treat eating disorders. Simply open the treatment referral tab and agree to the disclaimer. Find an eating disorders treatment provider who will serve your state, a nationwide list of inpatient/residential treatment facilities, search for free support groups in your area or locate a national Eating Disorders Research Study.

#### BULIMIA GUIDE

<http://www.bulimiaguide.org/index/sindex.aspx?lid=461>

This database focuses on U.S. centers that treat all types of eating disorders (not just bulimia) and offer various levels of care and many types of treatment from standard to alternative. On this website, you can browse center listings by state, type of treatment offered, whether or not they accept insurance, or other characteristics by selecting from the drop-down lists. Some states have no eating disorder treatment centers, and that's why no listings come up for some states. This information was compiled from detailed questionnaires sent to every center to gather information about its treatment philosophies, approaches, staffing, and the clinical and support services it offers. The amount of information centers provided varies widely among centers. This database does not contain listings for individual outpatient therapists who claim to treat eating disorders.

#### SOMETHING FISHY

<http://www.something-fishy.org/treatmentfinder/>

The database contains listings from individual therapists, dietitians, treatment centers, and other professionals worldwide who treat eating disorders. Open the "treatment finder" tab on the left, and search by category (type of treatment), country, state, area code, name, services, description, or zip code.

### What to Consider When Searching for a Treatment Center

Several considerations enter into finding a suitable treatment setting. Options may be limited by factors such as insurance coverage, location, or ability to pay for treatment in the absence of insurance. When contacting treatment centers, be sure to talk with them to find out their complete admission criteria and whether your loved one meets their criteria for treatment. That way, you can better ensure that your loved one will meet their criteria before traveling. Arriving at a center only to find out, after they take sufficiently detailed patient intake information, that they won't admit your loved one is a situation you'll want to prevent. Primary care physicians (i.e., family doctor, gynecologist, pediatrician, internal medicine doctor) may be able to assist in referring patients to appropriate treatment facilities, because they may have experience with various centers or outpatient therapists.

### Telephone Referral and Information Helplines:

National Eating Disorders Association (NEDA): (800) 931.2237

Something Fishy: (866) 690-7239

Hope Line Network: (800) 273-TALK

National Suicide Hotline: (800-784-2433)

National Call Center for At-Risk Youth:  
(800) USA-KIDS – Thursday's Child

