



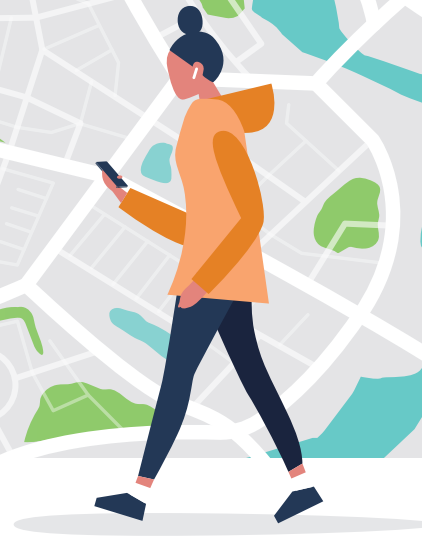
Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

RECOVERY ROADMAP

Understanding and Accessing Support Today



Despite the growing number of children, teens and adults living with mental health conditions, many are unable to access the support and treatment they need. Why is that? From financial concerns to balancing school, work life or child care, there are many factors that get in the way of people finding the resources that will help them make progress in their recovery journey. At ERC Pathlight, we want to support you in overcoming some of these roadblocks and help you clear your path to mental wellness.

ANSWERS TO COMMON QUESTIONS

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

It is normal to feel conflicted about treatment. Our assessment team consists of master's-level clinicians who can listen to your unique story, provide options and empower you to make the right decision for you and your family.

✔ **Can you work with my current treatment providers? They know me best.**

If your therapist or physician 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, with the treatment team and tools you need to continue your path to recovery.

✔ **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](https://www.EatingRecovery.com/Concierge-Service) | [PathlightBH.com/Concierge-Service](https://www.PathlightBH.com/Concierge-Service)



52.9 million U.S. adults are living with **mental illness.**

Less than **50% of adults** living with mental illness receive treatment.¹

To learn more about community resources and education, email Resources@ERCPATHLIGHT.COM

Contact us to schedule a free consultation with a master's-level clinician.
[1-877-825-8584](tel:1-877-825-8584) | [EatingRecovery.com](https://www.EatingRecovery.com) • [PathlightBH.com](https://www.PathlightBH.com)

Most commercial insurance accepted

Less than half of young people living with major depression receive any mental health treatment.²



Over **30%** of U.S. adolescents ages 13-18 **experience anxiety disorders**.³



Roughly **17%** of U.S. adolescents ages 12-17 **experience major depression**.⁴



About **3%** of U.S. adolescents ages 13-18 are **diagnosed with an eating disorder**.⁵

We are here to walk beside you on your road to recovery.

✓ **How am I supposed to afford treatment?**

Our programs are covered by most major insurance companies, and we offer a team of insurance experts on your case from admission to discharge. If you do not have insurance, we will work with you to find a financial solution that allows you to access the care you need and deserve.

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

✓ **Can I continue school while in treatment?**

For those in our child and adolescent programs, school time is built into the program schedule to maintain academic progress while completing treatment. We collaborate with schools and offer tutoring and resources. For college students in our adult programs, most campuses offer flexibility and protection for students seeking mental health treatment. Our dedicated team of collegiate experts can guide you through this process.

✓ **How will seeking treatment affect my employment?**

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

✓ **Will I lose contact with my family while I'm in treatment? What if my loved ones don't understand?**

Caregivers and 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 | PathlightBH.com/FamilySupport

1. Substance Abuse and Mental Health Services Administration. (2021). *Key substance use and mental health indicators in the United States: Results from the 2020 National Survey on Drug Use and Health* (HHS Publication No. PEP21-07-01-003, NSDUH Series H-56). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. 2. Mental Health America. (2021). *The state of mental health in America*. 3. U.S. Department of Health and Human Services, National Institute of Mental Health. (2017). *Any anxiety disorder*. 4. U.S. Department of Health and Human Services, National Institute of Mental Health. (2017). *Major depression*. 5. U.S. Department of Health and Human Services, National Institute of Mental Health. (2017). *Eating disorders*.

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