



# MENTAL HEALTH COMMUNITY RESOURCES



Worried about your mental health? Or worried about the mental health of a loved one? You're not alone. In fact, an estimated **50% of all Americans are diagnosed with a mental health condition at some point** in their lifetime.<sup>1</sup> We understand just how hard this time can be – when even small daily tasks may feel like impossible mountains to climb. The truth is feeling lost, scared and alone is something that often happens on the journey to living a satisfying life. With appropriate treatment, support and access to community and connection, you or your loved one can discover the life you want and deserve.



## Free Support Groups

Join our in-person and virtual groups across the U.S. for a way to connect with peers in a positive and supportive environment. Support groups and schedule listed on back of this flyer.

[PathlightBH.com/Support-Groups](https://PathlightBH.com/Support-Groups)



## Mental Note Podcast

Hope-filled episodes to provide education and inspiration through personal mental health and recovery stories.

[MentalNotePodcast.com](https://MentalNotePodcast.com)



## Say It Brave: Real Voices. One Goal. End Mental Health Stigma.

This collective is an inclusive community of influencers and thought leaders dedicated to fostering connection, providing free resources and ending mental illness stigma. Say It Brave believes that sharing your truth in a safe space, or "saying it brave," is essential to well-being and recovery.

[PathlightBH.com/Say-It-Brave](https://PathlightBH.com/Say-It-Brave)



## Love Your Tree

This creative arts program focuses on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection.

[LoveYourTree.org](https://LoveYourTree.org)



## Blogs and Articles

Stories and information to support individuals on their path to mental wellness.

[PathlightBH.com/Blog](https://PathlightBH.com/Blog)



## Community Outreach and Events

Pathlight hosts and engages with local, regional and national events for alumni, family, support persons and community members.

[PathlightBH.com/Events/Community](https://PathlightBH.com/Events/Community)



## Connect With Us

Join our supportive online communities to receive support, inspiration and updates about resources and events.



[Pathlight Mood & Anxiety Center](https://PathlightMoodAndAnxietyCenter.com)



[Pathlight Mood & Anxiety Center](https://PathlightMoodAndAnxietyCenter.com)



[@PathlightBH](https://PathlightBH.com)



[@PathlightBH](https://PathlightBH.com)

## Crisis Support and Nonprofit Resources

### National Suicide Prevention Lifeline

1-800-273-TALK (8255)

### Crisis Text Line

Text HOME to 741741

### NAMI HelpLine

1-800-950-NAMI (6264)

### Hope For The Day®

Scan the QR code to learn more and to find mental health and community services available near you.



1. Centers for Disease Control and Prevention (January 26, 2018).



# VIRTUAL SUPPORT GROUPS AVAILABLE NATIONWIDE

## VIRTUAL SUPPORT GROUP SCHEDULE

### COMMUNITY GROUPS\*

Anyone is welcome. Prior treatment at Pathlight is not required.

- ✔ **Mental Health Support Group for People of Color**  
Mondays at 7:00 pm ET
- ✔ **Mental Health Support Group for College Students/Early Adults**  
Thursdays at 12:00 pm MT
- ✔ **Anxiety and Depression Community Support Group**  
Wednesdays at 8:00 pm ET

### FAMILY AND CAREGIVER GROUPS

Anyone supporting a loved one with a mood, anxiety or trauma-related disorder is welcome. Prior treatment at Pathlight is not required.

- ✔ **Mood and Anxiety Family and Caregiver Support Group**  
Mondays at 2:00 pm ET

Please visit our website for registration information and for the most up-to-date support group information: [PathlightBH.com/Support-Groups](https://PathlightBH.com/Support-Groups)

**Have questions? Email [Resources@ERCPATHLIGHT.COM](mailto:Resources@ERCPATHLIGHT.COM)**

\*Groups are subject to change to meet the needs of the community.

### Virtual Support Groups

Join fellow Pathlight community members for peer support, education and connection in navigating the twists and turns of the mental health journey. Participation in the groups is online and there is no cost to attend. Pathlight strives to meet the needs of our community by making virtual resources available to as many individuals as possible. Virtual support groups are first come, first served and limited to 15 participants each. Please note, the groups are a supplemental support and are not a replacement for mood, anxiety and trauma-related disorder treatment, therapy or medical advice.

### Who Can Participate?

Anyone over the age of 18 is welcome to attend our groups. We offer groups specific to clinicians seeking peer support as well as alumni and community members who need to connect with others for support – building resiliency together.

### What Should I Expect?

These groups occur over secure video conferencing and are monitored and supported by a Pathlight-trained facilitator. Each group starts with a time for themed discussion, followed by a time for free chat where you can share experiences, thoughts, successes and challenges with others who can relate.

Individuals will be sent a meeting ID and link to join the secure online meeting room in a registration confirmation email.

To learn more about free community resources and education, email [Resources@ERCPATHLIGHT.COM](mailto: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) | [PathlightBH.com](https://PathlightBH.com)