



Pathlight
Mood &
Anxiety
Center

COMMUNITY, ALUMNI AND FAMILY SUPPORT SERVICES



Healing is rarely a linear journey, and we are here to support you through the ups and downs and everything in between. We care, and we honor your individual healing process. Pathlight Mood & Anxiety Center (Pathlight) offers resources and events for ongoing support to individuals and families throughout their journey.

CONNECT WITH US

PATHLIGHT MOOD & ANXIETY CENTER SOCIAL MEDIA

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



Pathlight Mood & Anxiety Center



@PathlightBH



Pathlight Mood & Anxiety Center



@PathlightBH



CONTINUED CONNECTION

Opportunities to connect with your Alumni and Community Outreach Liaison for additional support, encouragement and resources throughout the year after discharge.



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



BLOGS AND ARTICLES

Stories and information to support individuals on their path to mental wellness. PathlightBH.com/Blog



SAY IT BRAVE

**Real Voices. One Goal.
End Mental Health Stigma.**

An inclusive community dedicated to fostering connection, providing free resources and ending mental stigma. We believe that sharing your truth in a safe space, or "Saying it Brave" is essential to being.

PathlightBH.com/Say-It-Brave



EVENTS

Local, regional and national events for alumni, family, support persons and community members.

PathlightBH.com/Events/Community



Mental Note

MENTAL NOTE PODCAST

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

MentalNotePodcast.com

We're Here to Help

If you are interested in learning more about community, alumni and family support resources, please email Resources@ERCPathlight.com



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

Have questions? Email 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.

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

Please contact us to schedule a free consultation with a master's-level clinician.

1-877-825-8584 • Fax: 425-974-1530 | PathlightBH.com

Most commercial insurance accepted