



Pathlight.
**Mood &
Anxiety
Center**

MENTAL HEALTH COMMUNITY RESOURCES



With the right treatment, support and community, you or your loved one can live a fulfilling, values-driven life. Whether you are just starting your mental health journey or you have been on this path for a while, you don't have to seek healing on your own. We offer a variety of free resources to fit your life and help build community around you.



Free Support Groups

See back page for our support group schedule.

PathlightBH.com/Support-Groups



Mental Note Podcast

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

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 health stigma.

PathlightBH.com/Say-It-Brave



Love Your Tree Arts Program

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

LoveYourTree.org



Blogs and Educational Articles

Personal stories and clinical articles help support individuals on their path to mental wellness.

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



Connect With Us

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



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



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



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



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

Crisis Support and Nonprofit Resources

National Suicide Prevention Lifeline

Call or Text 988

Crisis Text Line

Text HOME to 741741

NAMI HelpLine

1-800-950-NAMI (6264)

1N5

Scan the code to learn more and get mental health resources.



To learn more about free community resources and education, email Resources@ERCPathlight.com

Contact us to schedule a free assessment with a master's-level clinician. [1-877-825-8584](tel:1-877-825-8584) | PathlightBH.com



ONLINE SUPPORT GROUPS AVAILABLE NATIONWIDE

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 5:00 pm MT
- ✓ **Mental Health Support Group for College Students/Early Adults**
Thursdays at 12:00 pm MT
- ✓ **Anxiety and Depression Community Support Group**
Wednesdays at 6:00 pm MT

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**
Tuesdays at 5:00 pm MT

Have questions? Email Resources@ERCPathlight.com

**Groups are subject to change to meet the needs of the community.
Closed captioning is provided for all support groups.*

Online Support Groups

Join fellow community members for peer support 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. We offer rotating support group series for different populations and identities throughout the year. The size of our groups may fluctuate from week to week. Any group that consistently has 20 or more attendees is evaluated by our team to ensure all participants are able to have a positive experience. Please note that the groups are a supplemental support and are not a replacement for mood and anxiety disorder treatment, therapy or medical advice.

Who Can Participate?

Anyone over the age of 18 is welcome to attend our groups. We offer groups for alumni, loved ones and community members who would benefit from connecting with others for support and community.

What Should I Expect?

These groups occur over video conferencing and are monitored and supported by a Pathlight-trained facilitator. Each group starts with introductions followed by time for a free chat where you can share experiences, thoughts, successes and challenges with other group members.

Individuals will be sent a meeting ID and link to join the 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

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