



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



## Mental Note Podcast

Hope-filled episodes 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 health stigma.

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



## Blogs and Resources Guides

Clinical insights and personal stories offer education and practical tools to support mental wellness.

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



## Recommended Books

Check out our favorite books to help you and your loved ones better understand eating disorders.

[Pathlightbh.com/recommended-reading](https://Pathlightbh.com/recommended-reading)



## 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://www.facebook.com/PathlightMoodAnxietyCenter)



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



[@ERCPathlight](https://www.tiktok.com/@ERCPathlight)

## 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](mailto: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](https://PathlightBH.com)



# ONLINE SUPPORT GROUPS AVAILABLE NATIONWIDE

## SUPPORT GROUP SCHEDULE\*

### COMMUNITY GROUPS

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

- ✔ **Mental Health Group for People of Color**  
Mondays at 5:00 pm MT
- ✔ **LGBTQ+ Mental Health Group**  
Tuesdays at 2:00 pm MT

- ✔ **Anxiety and Depression Group**  
Wednesdays at 6:00 pm MT
- ✔ **Midday Mental Health Group**  
Thursdays at 12:00 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 Group**  
Tuesdays at 6:00 pm MT

**Have questions? Email [Resources@ERCPathlight.com](mailto:Resources@ERCPathlight.com)**

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

Please visit our website for registration information and for the most up-to-date support group information:



### 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.