

Caregiver's Checklist

GUIDING THROUGH EDUCATION,
RESOURCES AND COMMUNITY

Pathlight Mood & Anxiety Center (Pathlight) is here to help guide you through the recovery process and get you the education and support you deserve at each step of your journey. Follow the checklist below for your next steps. All offerings are a part of our complimentary services.



RSVP FOR PATHLIGHT ORIENTATION

Our virtual Pathlight Orientation for Family & Friends helps you establish a strong beginning, middle and end of your time with us as we cover all the basics. Offered weekly.

PathlightBH.com/Events/Pathlight-Orientation



REGISTER FOR A VIRTUAL FAMILY & FRIENDS EDUCATION SESSION

These sessions put you in the driver's seat with the necessary knowledge and confidence to be an active supporter. Offered weekly.

PathlightBH.com/FamilyFriendsSeries



ATTEND A CAREGIVER SUPPORT GROUP

Join our weekly virtual group to connect with other caregivers in a nurturing and supportive environment. Learn more about our support groups and register.

PathlightBH.com/Support-Groups



UNLOCK CALENDAR AND ADDITIONAL RESOURCES

Access additional tools and resources on the back of this flyer.

View a digital version of this flyer with clickable links.

Scan Me!



FAMILY RESOURCES CALENDAR: WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>No national family programming</p> <p>* Take a moment to explore our events, podcast and other family resources for more great ways to learn and grow.</p>	<p>10-11:30 AM MT</p> <p>PATHLIGHT VIRTUAL FAMILY & FRIENDS EDUCATION SERIES</p> <p>* Attend weekly</p> <p>PathlightBH.com/FamilyFriendsSeries</p> <p>.....</p> <p>6-7 PM MT</p> <p>MOOD & ANXIETY FAMILY AND CAREGIVER SUPPORT GROUP</p> <p>* Attend weekly</p> <p>PathlightBH.com/Support-Groups</p>	<p>9-10 AM MT</p> <p>ORIENTATION FOR FAMILY & FRIENDS</p> <p>* You only need to attend once</p> <p>PathlightBH.com/Events/Pathlight-Orientation</p>	<p>No national family programming</p> <p>* Take a moment to explore our events, podcast and other family resources for more great ways to learn and grow.</p>	<p>No national family programming</p> <p>* Take a moment to explore our events, podcast and other family resources for more great ways to learn and grow.</p>

Note: This programming is available virtually across all Pathlight locations. For location-specific resources, please check with your treatment team.

Supporting You Every Step of the Way: Additional Community Resources

COMMUNITY OUTREACH AND EVENTS



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

Register for Upcoming Events:

PathlightBH.com/Events

Watch Previous Events:

PathlightBH.com/On-Demand-Events

MENTAL NOTE PODCAST



Episodes provide education and inspiration through in-depth conversations with select speakers and guests.

MentalNotePodcast.com

EDUCATIONAL ARTICLES



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

PathlightBH.com/Blog

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)

Trans Lifeline

1-877- 565-8860

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Scan the code to learn more and access 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