

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-Group



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 Resources Guides

Clinical insights and personal stories offer education and practical tools to support mental wellness.
PathlightBH.com/Blog



Recommended Books

Check out our favorite books to help you and your loved ones better understand mental health.
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



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)

Trans Lifeline
1-877- 565-8860

1N5
1n5.org

Online Support Groups Available Nationwide

SCHEDULE

COMMUNITY GROUPS

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

Mondays at 5 pm MT
MENTAL HEALTH
GROUP FOR PEOPLE
OF COLOR

Wednesdays at 6 pm MT
ANXIETY AND
DEPRESSION
GROUP

.....
Tuesdays at 4 pm MT
LGBTQ+ MENTAL
HEALTH GROUP

.....
Thursdays at 12 pm MT
MIDDAY MENTAL
HEALTH GROUP

ALUMNI-ONLY GROUPS

Prior treatment at Pathlight is required.

Mondays at 6:30 pm MT
MENTAL HEALTH SUPPORT GROUP

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.

Tuesdays at 6 pm MT
MOOD AND ANXIETY GROUP

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



Have questions?

Email us at Resources@ERCPATHLIGHT.COM

Note: 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 offers 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. Note that the groups are a supplemental support and not a replacement for mood and anxiety disorder treatment, therapy or medical advice. See our website for in-person offerings.

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 reminder email on the day of group.

Call **1-877-825-8584** to schedule a free consultation with a master's-level clinician.
Email Resources@ERCPATHLIGHT.COM for free community resources.

PathlightBH.com