

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 and friends helps you establish a strong beginning, middle and end of your time with us as we cover all the basics. Offered bi-weekly.

www.pathlightbh.com/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 ADDITIONAL RESOURCES

For extra education and support, **access additional tools and resources on the back of this flyer.**

SUPPORTING YOU EVERY STEP OF THE WAY: ADDITIONAL COMMUNITY RESOURCES



COMMUNITY OUTREACH & EVENTS

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

PathlightBH.com/Events/Community



MENTAL NOTE PODCAST

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

MentalNotePodcast.com



ONLINE NETWORKS & CONNECTIONS

Our supportive online networks and social channels provide inspiration and timely updates about resources, events and the recovery community.



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



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



[@ERCPATHLIGHT](https://tiktok.com/@ERCPATHLIGHT)



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



SAY IT BRAVE COLLECTIVE

A group of advocates who work toward ending mental health stigma. Open to all.

PathlightBH.com/Say-It-Brave



LOVE YOUR TREE ARTS PROGRAM

This creative arts program cultivates self-compassion, body acceptance and positive mental well-being through creativity 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



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