



Caregiver's Checklist

Guiding through education, resources and community

Your role as a family member or friend supporting a loved one in recovery matters – and Pathlight Mood & Anxiety Center (Pathlight) is here to guide you every step of the way. Follow the checklist below for your next steps. All services are free for anyone with a loved one currently or previously in our care.



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



Download the Family & Friends Resource Guide

Access the knowledge, tools and resources needed to support your loved one and yourself throughout treatment and recovery.

PathlightBH.com/FamilyFriendsResourceGuide



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. To learn more about our support groups and register, visit

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.

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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

Scan to access these valuable resources and more.



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

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