



# MENTAL HEALTH RESOURCES

## For College Students and Young Adults

Eating Recovery Center and Pathlight Mood & Anxiety Center offer free, trained facilitator-led support groups for college students and young adults struggling with eating disorders (including anorexia, bulimia, binge eating disorder and other disordered eating issues), as well as mood and anxiety disorders (including depression, obsessive-compulsive disorder, panic disorder and other mental health conditions). These groups provide a setting where you can connect with others who have had similar experiences to yours, are on a recovery journey or are supporting a loved one who is in treatment.

### MENTAL HEALTH SUPPORT GROUP

Every Thursday

11:00 am PT | 12:00 pm MT  
1:00 pm CT | 2:00 pm ET

Topics discussed will include general mental health and well-being, ways to cope during transition and change, depression, anxiety, and mindfulness skills.



Scan this code to register.

### EATING DISORDER SUPPORT GROUP

Every Thursday

11:00 am PT | 12:00 pm MT  
1:00 pm CT | 2:00 pm ET

Topics discussed will include general mental health coping skills, ways to cope during transition and change, food and health anxiety, and mindfulness skills.



Scan this code to register.

Once you've registered, you will receive a virtual meeting ID and link in a confirmation email.

“The road of life is just so much better when we know we don't have to travel alone.”

– Sunnie Gruwell  
ERC Pathlight Recovery Ambassador

### Crisis Support and Nonprofit Resources

#### National Suicide Prevention Lifeline

1-800-273-TALK (8255)

#### Crisis Text Line

Text HOME to 741741

#### NAMI HelpLine

1-800-950-NAMI (6264)

#### Hope For The Day®

Scan the QR code to learn more and to find mental health and community services available near you.



To learn more about free community resources and education, email [Resources@ERCPathlight.com](mailto:Resources@ERCPathlight.com)

For additional support groups, visit [EatingRecovery.com/Support-Groups](https://EatingRecovery.com/Support-Groups) or [PathlightBH.com/Support-Groups](https://PathlightBH.com/Support-Groups)