



MENTAL HEALTH RESOURCES

For College Students and Early Adults

Free Virtual Support Groups for College Students and Early Adults

Eating Recovery Center and Pathlight offers free, trained facilitator-led, support groups for college students and early adults struggling with eating disorders (including anorexia, bulimia, binge eating disorder and other disordered eating issues), as well as mood and anxiety disorders. These groups are a place where you can connect with others who have had similar experiences to yours, are on a recovery journey, or who are supporting a loved one who is in treatment,

MENTAL HEALTH SUPPORT GROUP

Every Thursday

11:00am PST | 12:00pm MST |

1:00pm CST | 2:00 pm EST

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

EATING DISORDER SUPPORT GROUP

Every Thursday

11:00am PST | 12:00pm MST |

1:00pm CST | 2:00pm EST

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

*You will receive a virtual meeting ID & link in a confirmation email.

For other free support groups: eatingrecovery.com/support-groups | pathlightbh.com/support-groups

“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



REGISTER *



REGISTER *

Crisis Support Resources



If you or someone you know needs help, contact NAMI HelpLine Mon. – Fri. from 10 a.m. – 10 p.m. ET

1-800-950-NAMI (6264) or info@nami.org

For More Information, Please Contact: Resources@ERCPathlight.com
EatingRecovery.com | PathlightBH.com