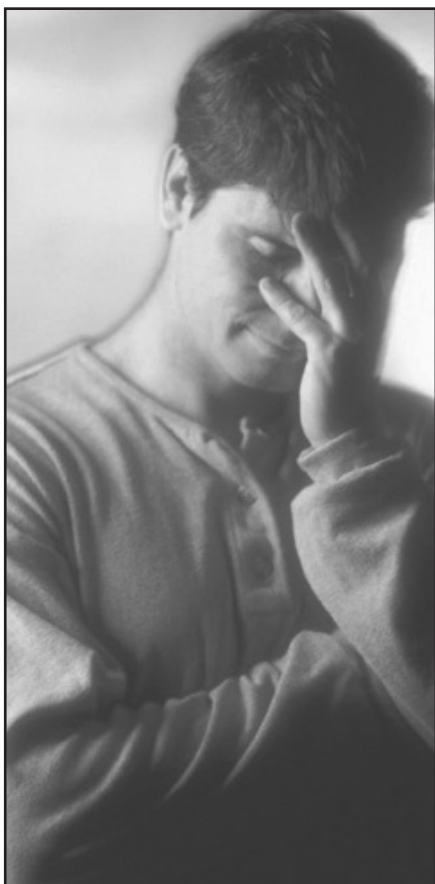


# Mood and Anxiety Clinic

TREATMENT FOR DEPRESSION



 **Behavioral  
Health  
Resources**

# **Cognitive- Behavioral Treatment for Mood Disorders ...**

The Mood and Anxiety Clinic is based upon the principles of Cognitive-Behavioral treatment, which has been shown to be one of the best modalities for treating many psychological issues like Depressive Disorders and Anxiety Disorders.

Cognitive-Behavioral Therapy is time-limited. This type of treatment emphasizes patient participation, and teaches patients skills that can be used throughout their lifetime to manage stressors and improve quality of life. The professional team at Behavioral Health Resources looks forward to collaborating with you to achieve the goal of providing the best possible care for our patients.

## **A Team of Professionals Working Together...**

The Mood and Anxiety Clinic is a multidisciplinary program involving a team of medical staff, master's level therapists and other behavioral health professionals. This enables the team to address the entire spectrum of mood disorders. Our goal is to provide a true biological, social, and psychological treatment program for our patients.

Patients will be seen in a timely fashion and an appropriate program will be developed to fit the needs of each individual. At the completion of this 12-week program, the patient will be referred back to his or her Primary Care Physician for follow-up treatment.

# Who benefits most from Cognitive-Behavioral Treatment?

Short-term Cognitive-Behavioral Treatment is most beneficial to those patients who are mildly-to-moderately depressed, but are not exhibiting symptoms of mania/hypomania and are not displaying signs of psychosis.

One of the key components of Cognitive-Behavioral Treatment is patient participation. Appropriate candidates are those individuals who are motivated to complete work outside of sessions and those who are committed to making a change.

If you have patients who you believe will benefit from the Mood and Anxiety Clinic, please call the Intake Team at Behavioral Health Resources. We look forward to collaborating with your health care practice and working toward success for individuals experiencing mood disorders.

The caring professionals at Behavioral Health Resources are dedicated to making life work for people experiencing behavioral health issues. We are committed to realizing our mission.

If you have questions regarding the Mood and Anxiety Clinic, or short-term Cognitive Behavioral Treatment, please call our office and an experienced behavioral health care professional will assist you.

## **Mood and Anxiety Clinic**

---

T R E A T M E N T   F O R   D E P R E S S I O N



**To make  
a referral ...**

**Call  
Behavioral  
Health  
Resources Today.**

**269/979-8333**