



**CRAWFORD COUNTY**  
MEMORIAL HOSPITAL

## GET HELP FOR

- Anxiety
- Depression
- Bipolar Disorder
- Mood Disorders
- PTSD
- Suicidal Thoughts
- ADHD



Call to make an  
appointment

**712-265-2700**

# EFFECTIVE, EVIDENCE-BASED MENTAL HEALTH TREATMENT



## **MOLLY SAUCER, PMHNP-BC**

Molly Saucer is a board-certified psychiatric mental health nurse practitioner who provides assessment, medication management, and treatment services. With more than eight years of diverse clinical experience, Saucer delivers high-quality, patient-centric care. Before focusing on behavioral health, she was a registered nurse and worked in a hospital setting as well as the Iowa Medical Classification Center, where she assisted in the rehabilitation of incarcerated individuals. Saucer excels at developing a strong rapport with patients through motivational interviewing and creating a non-judgmental environment.



## **WHITNEY SHARIATI, LMFT**

Whitney Shariati is a licensed marriage and family therapist with more than eight years of experience in mental health. She earned a master's degree from Lipscomb University and has worked in a variety of settings, including adult and adolescent clinics. She describes her treatment style as warm, relational, and collaborative.

**To make an appointment  
call 712-265-2700**

**Or visit [www.ccmhia.com](http://www.ccmhia.com)  
100 Medical Pkwy, Denison, IA 51442**

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# Check Your Mood

Have you experienced any of the following?  
Check the boxes that apply to you.

## Life Changes:

- |                          |                            |                          |   |
|--------------------------|----------------------------|--------------------------|---|
| <input type="checkbox"/> | lost a loved one or friend | <input type="checkbox"/> | loss of interest in activities you previously enjoyed |
| <input type="checkbox"/> | experienced trauma         | <input type="checkbox"/> | withdrawing from friends or family members            |

## Health Concerns:

- thoughts of self harm
- changes in behavior, feeling stressed
- experienced changes in sleeping or eating patterns (increase or decrease)
- loss of energy or feeling tired all the time

## Feelings of:

- |                          |              |                          |                 |
|--------------------------|--------------|--------------------------|-----------------|
| <input type="checkbox"/> | hopelessness | <input type="checkbox"/> | sadness         |
| <input type="checkbox"/> | isolation    | <input type="checkbox"/> | frustration     |
| <input type="checkbox"/> | loneliness   | <input type="checkbox"/> | fear or anxiety |

If you checked any of the boxes you could benefit from our mental health services. We're available to answer questions and schedule a confidential assessment. Your happiness and health are important. Call us today!

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