

Let's Talk About It

Mental health is essential to your well-being, to healthy family and interpersonal relationships, and to your ability to live a full and productive life.

If mental health issues are not addressed, they can contribute to chronic physical health problems like diabetes, heart disease, and even cancer.

Early diagnosis and treatment are keys to a long, healthy life!

Learn more about mental illness, recovery, and available resources.



NAMI: Iowa
National Alliance on Mental Illness

Get In Touch



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Rural Behavioral Health, LLC

McCrary-Rost Clinic Outpatient
Counseling Services



Kate DeWall, LiSW
Telehealth Virtual Therapy
Tues. - Thurs. 10:00 - 7:00
(712) 464-7907



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-712-464-4203.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-712-464-4203。



**BEHAVIORAL
HEALTH SERVICES**

Stewart Memorial Community Hospital
McCrary-Rost Clinics

Choose Excellence





Our Services

We offer a full spectrum of services to help individuals, couples, and families improve their mental health. These include, but aren't limited to :

- Individual psychotherapy
- Group psychotherapy
- Family and couples therapy
- Grief counseling
- Medication evaluation
- Cognitive behavior therapy
- EMDR
- SSP
- Play therapy

Why choose SMCH?



Unique Approach

The treatment plan for each client is individualized and unique, just like his or her mental health.



Convenience

If you are unable to travel to one of our clinics, telehealth services may be available to you. Our professionals are also willing to meet patients at their nursing home or assisted living facility.



Quality

Our medical providers, staff, and therapists are highly trained and experienced in a variety of mental health areas.

Using an Integrated Model of Care, we'll work closely with your health care providers to deliver truly coordinated care.

You're not alone!



1 in 5 American adults experience mental illness



Only **41 percent** of Americans experiencing mental health problems seek professional help



Suicide is the **second-leading** cause of death among Americans aged 10-34

