



News Release

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### **Elevate your mental well-being**

For Immediate Release

**(COLUMBUS, Neb.)** – At Columbus Community Hospital and Columbus Psychiatry Clinic, community is more than a name — it’s a commitment to your family’s well-being. That’s why we’re proud to offer comprehensive mental health care at every stage of life.

As we age, emotional and behavioral well-being becomes more complex. Columbus Community Hospital’s senior behavioral health team is attuned to the unique challenges faced by older adults. Our dedicated care team — including psychiatrists, doctors, social workers and therapists — is committed to providing empathetic and specialized care. Team members are specially trained to recognize symptoms such as prolonged sadness, social withdrawal, confusion and changes in appetite or memory.

For individuals of all ages, Columbus Psychiatry Clinic offers a range of mental health services. Our clinic provides comprehensive care, from medication management to psychotherapeutic services, psychological testing and counseling. Our experienced team addresses concerns such as depression, anxiety, personality disorders, substance abuse and difficulties with child behavior.

“Mental health is one of the most underserved areas in health care nationally, and yet one of the most important areas needing to be addressed,” said Dr. Mark Howerter, chief medical officer for the hospital. “Columbus Community Hospital has taken an aggressive role in addressing mental health. The senior behavioral health unit and Columbus Psychiatry Clinic are two recent initiatives. I am pleased with the high level of care offered in both venues.”

Join us at Columbus Community Hospital and Columbus Psychiatry Clinic, where empathy meets expertise, and community is our middle name.

For more information, call Columbus Psychiatry Clinic at 402-562-4765, and the senior behavioral health unit in Columbus Community Hospital at 402-562-4655.

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