



## Taking Care of Your Mental Health

Mental health struggles can impact anyone. It is ok to not be ok, and there is help available.

**Your mental health is just as important as your physical health.**

Call for an appointment at  
[507.642.3255](tel:507.642.3255).

- **Emotional well-being**
- **Psychological well-being**
- **Social well-being**

## Emergency Help

### Suicide & Crisis Lifeline

Call or chat at 988

*Provides 24/7, free and confidential support.*

Many local, state and national resources provide support for individuals seeking assistance with Mental Health issues. Visit our website for additional information.

### Madelia Clinic:

Monday, 7 a.m. – 7 p.m.

Tuesday – Friday, 8 a.m. – 5 p.m.

**Emergency Room Open 24/7**



121 Drew Ave SE, Madelia, MN 56062  
Madelia Clinic: 507.642.3255

[www.madeliahealth.org](http://www.madeliahealth.org)



# Mental Health Services

Where Care Comes First



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## Services

### Children & Adults

Psychiatric Evaluations  
Medication Management  
Diagnostic Assessments  
Individual, Couples & Family Therapy  
Infant and Early Childhood Services

### Treatment Available for:

- Anxiety
- Attention and Concentration
- Depression
- Mood Disorders
- Stress Management
- Interruption in Caregiving Relationships
- Childhood Mental Health Concerns
- Abrupt or Frequent Stress Related Experiences
- Marital, Family & Relationship Issues
- Grief and Loss
- Life Transitions
- Caregiver Support
- Emotional Effects of Chronic Illness
- Developmental Disabilities
- Chronic Mental Health Conditions
- Identity Exploration
- Separation Distress

**Where Care Comes First**

## Meet Our Providers

Our Mental Health professionals are committed to providing care that is compassionate, non-judgmental, and effective.

They function as members of a multidisciplinary team, and benefit from being part of a health care facility that includes multiple primary care clinics, a specialty clinic, and a hospital with a 24/7 Emergency Department.



**Jaimee Kudrle**  
DNP, APRN, PMHNP-BC



**Patrice Luker**  
LMFT



**Robyn Schumacher**  
LMFT, LPCC, IMH-E



## Take the next step toward wellness

The journey to healing begins with knowing that you are not alone. At Madelia Health, your mental health is viewed through a “whole-person” lens, because you deserve a caring, connected path to mental well-being.

### Schedule an appointment today

 507.642.3255

 [madeliahealth.org](https://madeliahealth.org)