

The logo for the Mood Program features the word "MOOD" in a stylized font where the letters are filled with various colors (blue, orange, purple, brown) and the word "PROGRAM" is written in a bold, black, sans-serif font below it. The logo is set against a white rounded square background.

# MOOD PROGRAM



SIERRA TUCSON®

Where Change Begins®

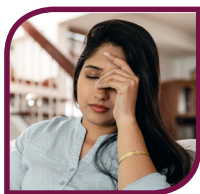


SIERRA TUCSON®

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## Mood Program

At Sierra Tucson, we understand that when you're struggling with depression or anxiety you may experience paralyzing feelings of sadness or distress. You are not alone. Our Mood Program is designed to address the unique challenges associated with the spectrum of mood disorders. A team of full-time, on-site doctors and clinicians focus on providing world class treatment to our residents so they can live healthy and productive lives.



## Comprehensive, Compassionate Care

We recognize that individuals with mood disorders frequently have co-occurring conditions such as trauma, substance use, or chronic pain. Our staff uses an interdisciplinary team approach that incorporates both conventional and complementary evidence-based treatments to support your unique needs and enhance the recovery process. Our holistic program is designed to treat the entire person- mind, body, and spirit- to ease distress while providing the highest quality, comprehensive medical and clinical care.

Upon program completion, you will return home with a broad range of new skills, insights, and resources to sustain your journey of healing and recovery.

**For more information  
call 844-215-1400 or visit  
[SierraTucson.com/Mood](https://SierraTucson.com/Mood)**

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