



Hi, I'm Emily!

- * I'm a Psychiatric-Mental Health Nurse Practitioner at Anchored Women's Health specializing in Women's Mental Health. I currently work with girls and women ages 16+.
- * Anchored Women's Health is located in Ellsworth, ME
For questions, call 207-573-0270.
- * Together, we can expand access to mental health treatment and improve outcomes for women in our community.

My Areas of Focus

General Psychiatric Conditions:

- Major depressive disorder
- Generalized anxiety disorder
- Panic disorder
- OCD
- PTSD
- ADHD
- Bipolar disorders

Women's Health Specialties:

- Premenstrual Dysphoric Disorder (PMDD)
- Perinatal depression and anxiety
- Postpartum depression and anxiety
- Psychiatric medication management in pregnancy
- Preconception counseling regarding psychiatric medications
- Perimenopause and menopause-related mood changes

My Role as a PMHNP

- Comprehensive psychiatric evaluations
- Diagnostic clarification
- Medication initiation and ongoing management
- Brief therapeutic interventions during visits

Clinical Scenarios Where I Can Help

- Patients Who:
- May benefit from medication
- Need diagnostic clarification
- Are not improving with therapy alone
- Need collaborative medication management alongside therapy
- Need collaborative care during pregnancy or postpartum

Referrals

Please send referrals via fax to 601-429-9178

Please include the reason for referral, most recent office note, medication list, and any relevant labs