

MAY 2025

## NEWSLETTER

# HOPE AND PURPOSE WELLNESS

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### What Seeing a Psychiatric Nurse Practitioner is Really Like

Too often, people avoid care due to fear or misunderstanding.

Here's the truth:

A Psychiatric Nurse Practitioner (Psych NP) is a licensed professional who listens, supports, and provides personalized mental health care.

You don't have to be in crisis to seek help. We're here for anxiety, depression, stress, trauma, and more.

Your first visit is a safe space for open conversation—not judgment. We work with you to create a care plan that fits your needs.

Mental health care is self-care.  
And it's for everyone.

### FREE CHECKLIST:

#### Signs It's Time to Seek Help

It's not always easy to know when to reach out.

Use this simple checklist to check in with yourself or a loved one:

- ✓ Constant feelings of overwhelm or numbness
- ✓ Trouble sleeping, eating, or concentrating
- ✓ Withdrawing from friends, family, or work
- ✓ Unexplained anger, sadness, or irritability
- ✓ Feeling hopeless, stuck, or disconnected
- ✓ Relying on substances to cope



HOPE & PURPOSE WELLNESS

Hope. Healing. Purpose.

♥ TAKE ACTION THIS MONTH

☀ Share your story

🎨 Express yourself creatively

👥 Support a friend

📅 Schedule a wellness check-in with a mental health provider  
Every step counts.

We're Here for You.

At Hope and Purpose Wellness, we walk with you on your path to healing. Let this month be the start—or the continuation—of your journey toward wellness.

📍 Located at: 850C Wade Hampton Blvd, Suite 2E, Greenville, SC 29609

☎ Call us: (828)440-0166

🌐 Visit: <https://hopeandpurposewellness.com>



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