

About Us

Awakenings Mental Health provides a modern, integrative approach to mental wellbeing. We offer personalized psychiatric assessments and medication management via in-person or telehealth visits. Our goal is to help you achieve your full potential and thrive.



*We accept most
major commercial
insurances*

CONTACT US



CALL OR TEXT
208-295-0297

FAX
208-906-0954

E-MAIL
admin@awakeningsmentalhealth.com



Awakenings Mental Health



An integrative
approach
to wellbeing

Accepting New Patients!

Our Providers



Talia Sierra PA-C

Welcome! Are you ready to embark on your journey to well-being? I provide compassionate, personalized care tailored to meet your unique needs. Mental health can profoundly impact your well-being and I want to help you develop your individual path to healing. As a doctorally trained PA I specialize in understanding the unique nuances of each individual's mental health journey and address concerns such as depression, anxiety, ADHD, bipolar disorder, PTSD, and more. I fully understand the impact mental health disorders can have on all aspects of your life, so reach out and let's start a conversation!



Heidi Posey PA-C

Need to be heard? That is what I am here for. To listen and to explore what hasn't worked, and what has. Regardless of diagnosis, I want to help you with whatever symptoms are affecting you the most, and are your priority to address. I am well versed in psychopharmacology and want my patients to understand and feel comfortable with all our options, from prescription medications, supplements to brief psychotherapy; your situation is unique and your needs are too. Whether it's your first time reaching out, or if you want someone new to explore diagnosis and medications, it can be intimidating. Let's take those next steps together today.



Our Purpose

We provide psychiatric assessments and medication management for children, adolescents and adults with a personalized approach.

We offer support for
**ADHD, Anxiety,
Bipolar, Depression,
Adjustment D/O, ASD,
and more...**

Our Location

**6126 W State St #104
Boise, ID
83703**