BUILDING BRIDGES TO MENTAL HEALTH

Experience compassionate care from the comfort of your own space with telepsych

BOOK SERVICE

Compassionate care is at the forefront of our services.

Our experienced providers specialize in evaluation and medication management of a range of mental health conditions. We focus on adults aged 18 and above, offering expertise in addressing depression, bipolar disorders, anxiety disorders, PTSD, dementia, psychotic disorders, insomnia, and smoking cessation. Our dedicated team is committed to providing comprehensive and compassionate care to support your mental well-being.

Please note that while we are dedicated to addressing various mental health concerns, we do not specialize in the treatment of ADHD or routinely prescribe controlled substances such as Adderall and Xanax.

Providers You Can Trust

Mind and Body Wellness delivers highly competent and individualized mental health care by providing support systems and building trusting relationships that promote empowerment, healing, and improved quality of life.

Ask about our house call program

We bring mental health care directly to the doorsteps of seniors and individuals who are homebound. Our dedicated team of professionals understand the unique challenges faced by those who may find it difficult to access traditional clinic settings. We are committed to providing quality mental health services tailored to meet the individual needs of each client in the comfort and familiarity of their own homes. Call today to determine if you or your loved one are eligible for our in-home mental health services.

Contact Us

Mind and Body Wellness, LLC
Phone: 708-260-2030
mbwellnessonline@gmail.com

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SERVICES

Medication Management

Our providers prescribe and oversee mental health medications to ensure they are taken properly and achieving their therapeutic outcome as planned. This process includes initial and ongoing medication review to address safety and adherence concerns, reduce adverse drug events, and provide education.

Access to Counseling

Mind and Body Wellness facilitates access to psychotherapy and counseling by licensed clinical professionals. Request a referral during your appointment.

Coordination of Care

Mind and Body Wellness works together with a network of health care professionals to include primary care physicians, pain management specialists, podiatrists, physical and occupational therapists, and nurses to provide safe and comprehensive care for individuals that participate in our house call program.

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HOUSE CALL SERVICES

We Collaborate With a Network of Healthcare Professionals for our

-Primary care specialist
-wound care specialists
-Pain specialists
-Physical therapists
-Occupational therapists
-Speech therapists
-Podiatrists
-Dieticians
-Pharmacists
-Nurses

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MEET THE TEAM

Talia Nelson, MSN, FNP-C, PMHNP-BC

Talia Nelson is a highly accomplished dual-certified Family and Psychiatric Nurse Practitioner, bringing a wealth of expertise gained through extensive training and hands-on experience in diverse healthcare settings. Her proficiency spans both psychiatric and medical conditions, with a versatile background ranging from hospital and rehabilitation environments to roles as an educator.

Specializing in the treatment of Depression, Anxiety, Dementia, Bipolar disorder, Schizophrenia, Insomnia, and Smoking Cessation for Adults and Geriatrics. Talia employs a comprehensive approach rooted in evidence-based guidelines. Her practice encompasses medication management, talk therapy, and a commitment to promoting natural treatments such as vitamins, supplements, lifestyle modification, diet, and exercise.

Talia's clinical acumen is further augmented by her innate ability to establish meaningful connections with patients and their families. Devoted to delivering individualized and comprehensive patient care, she prioritizes the well-being of those under her care.

Commencing her medical career in the Military as a combat medic, Talia's dedication to excellence led her to pursue continuous education. In 1998, she achieved her first nursing certification, subsequently earning an Associate degree in Nursing from Excelsior College. Building on her foundation, she obtained a master's degree as a Family Nurse Practitioner and a Post-Masters Certification as a Psychiatric Mental Health Nurse Practitioner from Walden University and Northern Kentucky University, respectively.

For Talia, her work is not merely a profession but a calling in life. Her commitment to helping others is evident in her unwavering dedication to patient care. Beyond her professional pursuits, Talia finds joy in spending quality time with family and friends, exploring her culinary interests through cooking, indulging in travel, and savoring diverse cuisines.

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Contact Us

f Service apply.

Connect With Us

Call Us Today!!

Mind and Body Wellness, LLC

Office hours are Monday – Friday from 9:00 A.M. – 4:00 P.M

Phone: 708-260-2030

Fax: 866-441-0962

mbwellnessonline@gmail.com

Today Closed

Closed Major Holidays

SEND MESSAGE

Telehealth Available for :

Residents of Illinois

In home Visits Available in :

Select areas in Cook and Will counties

Mind and Body Wellness, LLC
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mbwellnessonline@gmail.com

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We accept the following insurance policies for payment.

BCBS, Aetna, United Health Care, Medicare, and some Medicaid plans

If you have questions or are unsure if we accept your insurance, please call us at 708-260-2030

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MEET THE TEAM

Cathy

Cathy, our Administrative Assistant at Mind and Body Wellness, is a seasoned professional with a rich background in hospitality and customer service. Her commitment to delivering exceptional service is evident in every aspect of her work, from warmly welcoming clients to ensuring their experiences surpass expectations. Cathy's expertise and passion have earned her well-deserved recognition, including awards for exceptional employee performance. Her unwavering dedication to excellence makes her an integral part of the Mind and Body Wellness team, where she continues to elevate the well-being of each client through her exceptional skills and genuine care.

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