

Matthew Laird, MSN, PMHNP-BC, Launches Private Practice: Headlight Mental Healthcare

Empowering Mental Wellness and Expanding Access to Care Across Arizona



New York City, New York Dec 12, 2024 ([IssueWire.com](https://www.issuewire.com)) - Phoenix, Arizona – Matthew Laird, MSN, PMHNP-BC, a Board Certified Psychiatric Mental Health Nurse Practitioner with over 18 years of experience in critical care, emergency medicine, and behavioral health, proudly announces the launch of Headlight Mental Healthcare. This innovative practice is dedicated to supporting individuals with ADHD, Autism, LGBTQ+ identities, Veterans, and those navigating complex PTSD. With a commitment to accessibility, Dr. Laird offers both in-person and secure online services, ensuring that care is available where and when it is needed most.

Dr. Laird believes that mental health is fundamental to overall well-being. His approach is centered around creating a safe and supportive environment where individuals feel understood and empowered. "After many years working in the medical field, I became acutely aware of the profound role mental health has on us all," states Dr. Laird. "If you're feeling hopeless, anxious, depressed, unable to concentrate or sleep, I can relate and want to quickly find solutions. I pledge to provide nonjudgmental trauma-informed care to you during your greatest times of need while quickly finding solutions to living your best life regardless of race, gender, age, nationality, or orientation."

Headlight Mental Healthcare is committed to maintaining the highest standards of privacy and security. Dr. Laird uses HITRUST Certified HIPAA-compliant communication equipment and secure encrypted networks, ensuring patient confidentiality and trust. His environmentally conscious practice employs paper-light methods to minimize ecological impact, reflecting his commitment to both patient care and the planet.

Dr. Laird completed his Core Nursing Prerequisites at Maricopa Community College and Northern Virginia Community College in 2004. He earned a Bachelor of Science in Nursing from George Mason University in 2006 and a Master of Science in Nursing, specializing as a Psychiatric Mental Health Nurse Practitioner, from Walden University in 2021. He is also a Certified Autism Specialist (CAS), awarded through The International Board of Credentialing and Continuing Education Standards.

Dr. Laird's focus is on breaking down barriers to care through comprehensive psychiatric evaluations, tailored treatment options, and personalized medication management. "I believe each individual is unique and will provide compassionate and respectful care in a safe environment," he emphasizes. "It's my personal mission to be with you as you take the courageous first step."

Learn More about Dr. Matthew Laird:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85022622-Matthew-Laird-Nurse> or through Headlight Mental Healthcare, <https://headlightmentalhealthcare.com/>

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Source : Dr. Matthew Laird

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