

Makeba Matthews: Championing Mental Health with Compassionate Care

Board-Certified Psychiatric-Mental Health Nurse Practitioner Launches Crystal Mental Health and Wellness to Enhance Access to Essential Mental Health Services



New York City, New York Apr 1, 2025 ([Issuewire.com](https://www.issuewire.com)) - Makeba Matthews, a board-certified Psychiatric-Mental Health Nurse Practitioner, is proud to announce the opening of Crystal Mental Health and Wellness, a practice dedicated to providing compassionate mental health care tailored to the unique needs of each patient. With a strong commitment to promoting mental health awareness and improving access to essential services, Makeba brings eight years of nursing experience, including three years specializing in psychiatric care, to her new venture.

At Crystal Mental Health and Wellness, she focuses on patient-centered care, engaging closely with individuals to understand their mental health needs. “I believe in empowering individuals to achieve mental wellness,” says Makeba. “My goal is to create a safe, supportive space where patients feel heard and respected throughout their healing journey.”

Makeba holds a Bachelor of Science in Nursing from Gardner-Webb University. She earned a Master's in Nursing with a focus on Psychiatric Mental Health from Herzing University, and she also holds an MBA and an MSAJ. Currently, Makeba is a Doctor of Nursing Practice (DNP) candidate at Gardner-Webb University, with an expected graduation in 2026. In addition, she is enrolled in a Post-Master's Program at Maryville University to obtain her Family Nurse Practitioner (FNP) certification, which she is set to complete in August 2025. Her commitment to providing compassionate care in the mental health field positions her as a vital resource within her community.

Makeba has extensive expertise in assessing mental health needs, managing crises, and developing personalized treatment plans. Collaborating with a network of healthcare professionals, she ensures that her patients receive comprehensive support. Her treatment philosophy emphasizes education and a trauma-informed approach, allowing patients to make informed decisions about their mental health care.

In addition to her clinical work, Makeba is passionate about mentoring the next generation of healthcare professionals. As an adjunct faculty member at Gardner-Webb University, she teaches nursing students, sharing her hands-on clinical experience to ensure best practices in patient care.

“I am dedicated to making a positive impact not only in my patients' lives but also in the broader community,” Makeba states. As the founder of the non-profit organization ScrubLife4Ever, she leads initiatives such as “Breakfast and Blanket” and “Hygiene on the Go,” aimed at supporting healthcare workers and enhancing community wellness.

Makeba has received the *Excellence in Nursing Leadership Award* for her exceptional contributions to nursing and patient care. She is also the author of *Reflections of a Nurse*, a book offering insights into the profession. Additionally, Makeba is a member of the Sigma Theta Tau International Honor Society of Nursing and the National Society of Leadership and Success, reflecting her commitment to professional growth and leadership.

Patients can expect a calm and supportive environment during their first session at Crystal Mental Health and Wellness. “Together, we'll build resilience and equip you to face life's challenges with confidence,” Makeba affirms.

Learn More about Makeba Matthews:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85022631-Makeba-Matthews-Nurse-Practitioner> or through www.crystalmentalhealthandwellness.com, www.scrublifefor4ever.com www.thenursewellnessbar.com [Makeba Matthews, MBA, MSAJ, MSN-PMHNP-BC - Telos Health Systems | LinkedIn](#)

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