

Deidra Thompson, DNP, APRN, FNP-C, PMHNP-BC: Leading the Way in Compassionate, Whole-Person Mental Health Care

Graceful Wellness Redefines Psychiatric Services in Flowood, Mississippi with Heartfelt, Comprehensive Support



New York City, New York May 28, 2025 ([IssueWire.com](https://www.issuewire.com)) - Graceful Wellness is proud to announce its opening under the leadership of Deidra Thompson, DNP, APRN, FNP-C, PMHNP-BC, a highly respected mental health professional with over a decade of experience in psychiatric care. Located in the heart of Flowood, Mississippi, Graceful Wellness is dedicated to providing personalized psychiatric care in a nurturing environment, focusing on dignity, respect, and holistic healing for individuals facing mental health challenges.

Dr. Thompson specializes in treating a range of mental health disorders, including depression, anxiety, Compulsive Disorder (OCD), Bipolar Disorder, and Posttraumatic Stress Disorder (PTSD). At Graceful Wellness, she and her dedicated team strive to guide clients toward emotional balance, resilience, and a fulfilling life. Their approach emphasizes treating the whole person, addressing not only symptoms but also individual circumstances and strengths. Utilizing evidence-based treatments alongside holistic methods, they craft individualized care plans that honor each client's unique journey to wellness. Services are provided via telehealth to residents in AZ, ME, MN, MO, MS, LA, PA, and VA. In-office appointments are available in MS.

Graceful Wellness offers a comprehensive suite of mental health services designed to meet the diverse needs of the community, including:

- Psychiatric Evaluation: Thorough assessments to identify concerns and establish accurate diagnoses.
- Medication Management & Therapy: Tailored treatment plans that integrate medication, therapy, and nutritional guidance.
- ADHD Testing & Treatment: Services available for individuals aged 6 and older.
- Medical Weight Loss: Supervised care combining medication and lifestyle coaching for effective weight management.
- Genetic Testing: Insight into how genetic factors may influence medication responses.
- Lifestyle & Wellness Coaching: Evidence-based strategies designed for sustainable lifestyle improvements.
- Reiki Services: Gentle energy healing techniques focused on relaxation and well-being.
- Medical Cannabis Evaluations: Assessments for Mississippi residents seeking to qualify for the state's medical cannabis program.
- Primary Care Services for adults.

Dr. Thompson's journey in nursing began with an Associate of Science in Nursing Degree from Excelsior College in 2010. She furthered her education with a Master of Science in Nursing from Alcorn State University and a Post-Graduate Certificate in Psychiatric Mental Health Nursing from the University of Southern Mississippi.

In 2018, Dr. Thompson earned her Doctor of Nursing Practice Degree from Walden University. She is certified by the American Academy of Nurse Practitioners and the American Nurses Credentialing Center. She is a board member for the Diverse Coats Society and serves as International (Mississippi) Chamber Ambassador for Business Empowered International Chamber of Commerce. Dr. Thompson is

also President of the Governing Board of Directors for J R Young Healthy Equity Institute and serves as core faculty for Walden University. Her awards include Best of Mississippi in Nursing for 2023 and the 2025 State Award for Outstanding Contributions, awarded by the American Association of Nurse Practitioners. She is also the recipient of the 2025 Carrie B. Lenberg Award, awarded by the Excelsior University Alumni Leadership Council. She has numerous publications.

Dr. Thompson is committed to improving access to mental health care and addressing health disparities across her home state of Mississippi and beyond. With Graceful Wellness, she aims to create a safe space where healing can flourish, enabling individuals to achieve lasting wellness.

Learn More about Dr. Deidra Thompson:

Through her online profile, <https://todaysnurse.org/nurse/4151210> or through Graceful Wellness, <https://www.mygracefulwellness.org/about>

Media Contact

TodaysNurse

*****@todaysnurse.com

Source : Deidra Thompson

[See on IssueWire](#)