

## **Nimrode Toussaint, DNP, FNP-BC, PMHNP-BC: Founder and Lead Clinician of First-Class Medical & Psychiatric Clinic**

Delivering Compassionate, Patient-Centered Psychiatric and Mental Healthcare Through a Holistic and Collaborative Approach in South Florida



**Hollywood, Florida May 26, 2026 ([IssueWire.com](https://www.issuewire.com))** - Nimrode Toussaint, DNP, FNP-BC, PMHNP-BC, is a dual Board-Certified Family Nurse Practitioner and Psychiatric-Mental Health Nurse Practitioner with more than 16 years of healthcare experience, recognized for her compassionate, holistic, and patient-centered approach to mental healthcare. Drawing from a strong clinical background that began in high-acuity critical care environments, Dr. Toussaint has dedicated her career to helping individuals achieve emotional stability, resilience, and long-term wellness through thoughtful, evidence-based psychiatric care.

As the Founder and Lead Clinician of First-Class Medical & Psychiatric Clinic in Hollywood, Florida, Dr. Toussaint provides comprehensive psychiatric and mental health services through both in-person and telehealth appointments. Under her leadership, the clinic has become known for delivering personalized care within a welcoming and supportive environment where patients feel respected, heard, and empowered to actively participate in their treatment journey.

Dr. Toussaint's healthcare career began in critical care settings, where she developed a deep commitment to patient safety, precision, and evidence-based practice. Those early experiences also strengthened her understanding of the important connection between physical and mental health, shaping the holistic philosophy that continues to guide her work today.

Her psychiatric practice emphasizes warmth, authenticity, and collaboration. Dr. Toussaint believes meaningful progress occurs when patients feel safe enough to openly share their experiences and actively engage in their care. Through a solution-focused approach, she combines practical strategies, evidence-based interventions, and individualized guidance to help patients achieve measurable improvements in emotional and mental well-being.

Dr. Toussaint supports patients across all stages of life, including professionals facing stress, burnout, or significant life transitions; adolescents and adults seeking emotional clarity and stability; and individuals focused on personal growth and long-term mental wellness. She is particularly experienced in managing complex cases involving co-occurring physical and psychiatric conditions, utilizing a comprehensive treatment model designed to foster resilience, self-awareness, and sustainable progress.

Her clinical expertise includes the evaluation and management of anxiety, depression, bipolar disorder, ADHD, mood disorders, and a wide range of psychiatric and behavioral health conditions. By combining clinical precision with a whole-person perspective, Dr. Toussaint helps patients develop healthier coping mechanisms while prioritizing preventive care and long-term emotional stability.

Patients consistently praise Dr. Toussaint for her compassionate demeanor, attentive listening skills, and ability to provide clarity and reassurance throughout the treatment process. Her calm and supportive presence has helped countless individuals feel more confident, understood, and hopeful as they navigate mental health challenges and personal transformation.

Beyond direct patient care, Dr. Toussaint remains deeply committed to advancing mental health awareness and reducing the stigma surrounding psychiatric care. She actively advocates for greater education, accessibility, and open conversations surrounding mental wellness while empowering individuals and communities to prioritize emotional health. In addition, she is passionate about mentoring emerging healthcare professionals and contributing to the continued advancement of

psychiatric and behavioral healthcare.

Through her leadership, clinical expertise, and dedication to compassionate care, Dr. Nimrode Toussaint continues to make a meaningful and lasting impact on the lives of the individuals, families, and communities she serves.

### **Learn more about Dr. Nimrode Toussaint:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Nimrode-Toussaint>, or through her website, <https://www.firstclasspsychiatry.com/>

### **America's Best in Medicine**

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

### **Media Contact**

America's Best in Medicine

\*\*\*\*\*@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

Source : Dr. Nimrode Toussaint

[See on IssueWire](#)