

Rebekah Hellier, DNP, PMHNP-BC, Expands Access to Integrated Mental Health Care Through City Psychiatry Inc.

Board-Certified Psychiatric Mental Health Nurse Practitioner Combines Therapy and Medication Management to Deliver Comprehensive, Patient-Centered Care



Tampa, Florida Jun 24, 2026 ([IssueWire.com](https://www.issuewire.com)) - Rebekah Hellier, DNP, PMHNP-BC, MSN, a board-certified Psychiatric Mental Health Nurse Practitioner and founder of City Psychiatry Inc., continues to make a meaningful impact in the field of mental health by providing compassionate, individualized care that bridges the gap between psychotherapy and psychiatric medication management. With more than

24 years of healthcare experience, including two decades at Tampa General Hospital, Hellier has dedicated her career to improving the lives of patients through accessible and comprehensive mental health services.

As the founder and owner of City Psychiatry Inc., Hellier has built a practice centered on collaboration, continuity of care, and whole-person wellness. Recognizing that many patients struggle to navigate fragmented mental health systems, she developed a model that integrates supportive talk therapy with medication management, ensuring patients receive coordinated treatment tailored to their unique needs.

“My compassion and desire to help others is what drives me every day in my practice,” said Hellier. “What I enjoy most is helping people. I have always wanted to be in the medical field since junior high school, and being able to make a difference in my patients’ lives is incredibly rewarding.”

Hellier’s journey into healthcare began at Tampa Bay Technical High School, where her interest in physical therapy led her to work as a physical therapy technician at Brandon Regional Hospital. Encouragement from physical therapists inspired her to pursue nursing, a decision that would shape her professional future. She earned her Associate Degree from Hillsborough Community College in 2003 and later completed a Bachelor of Science in Nursing from Grand Canyon University.

Committed to lifelong learning and advancing patient care, Hellier earned a Master of Science in Nursing with a specialization in Psychiatric Mental Health from the University of Alabama in 2022. She further strengthened her expertise by completing a Doctor of Nursing Practice (DNP) degree from the University of Alabama in May 2024.

Before establishing City Psychiatry Inc., Hellier served in a variety of clinical roles at Tampa General Hospital, where she also mentored and precepted numerous healthcare professionals. Following her hospital tenure, she worked as a contracted Psychiatric Mental Health practitioner with OPA Behavioral Health, further expanding her experience in behavioral healthcare.

Today, Hellier provides care for patients ages six and older, specializing in the treatment of anxiety, depression, trauma, and ADHD. Her approach emphasizes evidence-based medication management, behavioral strategies, lifestyle modifications, and therapeutic support to foster lasting mental wellness.

In addition to her clinical work, Hellier is an active member of the American Association of Nurse Practitioners (AANP) and has been recognized by the Omega Nu Lambda Honor Society and the Golden Key International Honor Society. She is also committed to community involvement through organizations, including Tampa Bay Moms Group, Fun for Kids, and Tampa Bay United.

Learn more about Rebekah Hellier:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/rebekah-hellier>

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