

## Dr. Mapendo K. Safari Expands Access To Compassionate, Evidence-Based Mental Health Care Services

Board-Certified Psychiatric Mental Health Nurse Practitioner Combines Clinical Excellence, Personalized Treatment, and Advanced Therapies to Help Patients Achieve Lasting Wellness



Glen Burnie, Maryland Jul 10, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Mapendo K. Safari, DNP, MSN, APRN, CRNP, PMHNP-BC, is transforming mental health care through her commitment to accessible,

compassionate, and evidence-based psychiatric services. As the founder, CEO, and medical director of Access Psychiatry, LLC, Dr. Safari provides comprehensive virtual and in-person mental health care, helping individuals overcome a wide range of psychiatric conditions while restoring hope and improving quality of life.

A board-certified Psychiatric Mental Health Nurse Practitioner, Dr. Safari specializes in the diagnosis and treatment of depression, anxiety, ADHD, bipolar disorder, schizophrenia, PTSD, and other mental health conditions. Her practice offers individualized medication management, psychotherapy, and innovative ketamine therapy for patients experiencing treatment-resistant depression and other challenging psychiatric disorders. By tailoring every treatment plan to the unique needs of each patient, she ensures that care extends beyond symptom management to address the whole person.

“What I enjoy most is helping people feel better,” says Dr. Safari. “There is nothing more rewarding than seeing patients who once struggled with depression, anxiety, or PTSD return with smiles on their faces and renewed confidence. Watching someone regain their ability to function and enjoy life reminds me every day why I chose this profession.”

Dr. Safari’s passion for psychiatric care grew from her early experiences in general nursing, where she witnessed firsthand the devastating effects of untreated mental illness. Recognizing the urgent need for timely intervention and improved access to care, she dedicated her career to psychiatry, focusing on breaking down barriers that often prevent individuals from receiving the support they need.

Her academic achievements reflect her dedication to clinical excellence. Dr. Safari earned her Associate Degree in Nursing from Radians College, followed by a Bachelor of Science in Nursing from American Sentinel University. She completed her Master of Science in Nursing with a specialization in psychiatric mental health at Walden University before earning her Doctor of Nursing Practice from Frontier Nursing University. Her doctoral research focused on psychotropic medication nonadherence and evidence-based strategies to improve treatment outcomes for psychiatric patients.

One area of particular passion for Dr. Safari is advancing innovative treatment options for individuals who have not responded to conventional therapies. She has witnessed remarkable improvements through ketamine therapy, particularly among patients living with treatment-resistant depression. Seeing patients regain hope after years of unsuccessful treatments reinforces her commitment to embracing emerging therapies that offer meaningful results while remaining grounded in evidence-based practice.

Beyond her clinical work, Dr. Safari is deeply committed to humanitarian service. As co-founder of the African Development Association, she supports orphans, underserved communities, and victims of war through programs designed to improve health, education, and overall well-being. Her philanthropic efforts reflect her belief that mental wellness is a universal human right and that compassionate care should reach even the most vulnerable populations.

An active member of the American Psychiatric Nurses Association, the American Nurses Association, and the American Nurses Credentialing Center, Dr. Safari remains dedicated to lifelong learning and professional development. Through Access Psychiatry, LLC, she continues to expand access to high-quality mental health care, empowering patients to move beyond survival and embrace lasting recovery, resilience, and wellness.

### **Learn more about Mapendo Karen Safari:**

Through her America’s Best in Medicine

profile, <https://americasbestinmedicine.com/connect/mapendo-safari>

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## Media Contact

America's Best in Medicine

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

1-877-346-0175

<https://americasbestinmedicine.com>

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