



CK
WELLNESS PLLC

Your Mental Health, Our Shared Mission



Compassionate Psychiatric Care You Can Trust

Personalized mental health services for adolescents, adults, and seniors – in-person and via telehealth.

[Book An Appointment ▾](#)

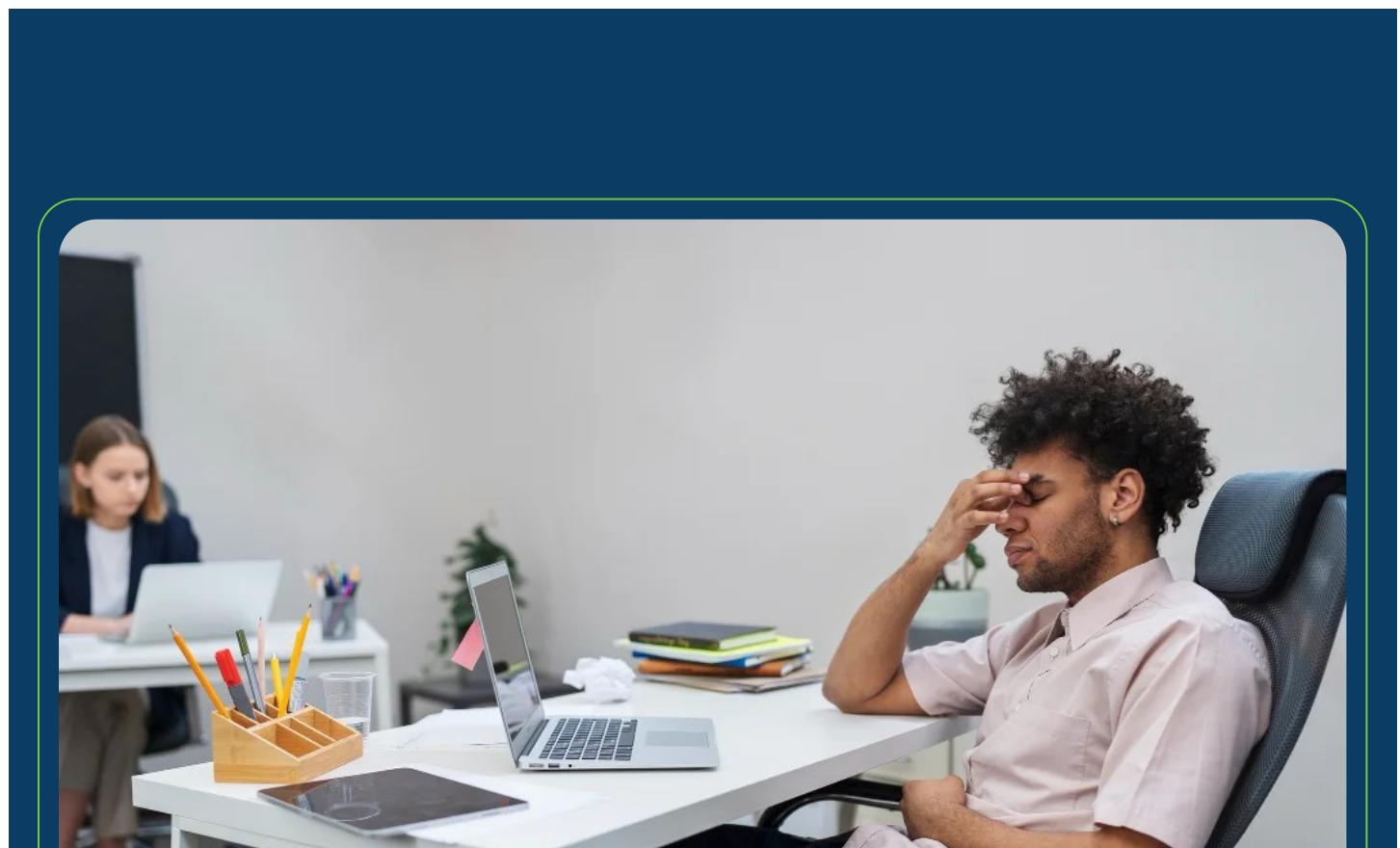
ABOUT US

Guiding You Toward Healing and Hope

At CK Wellness, PLLC, we are committed to delivering exceptional psychiatric care with compassion, respect, and expertise. Our mission is to empower individuals to achieve emotional well-being, restore balance, and lead fulfilling lives.

Our practice is led by Dr. Krishnaswamy Gajaraj, MD, MBBS, DPM, and Shirnett Khorran-Gajaraj, MPH, MSN, PMHNP-BC, two highly skilled providers with a combined 50+ years of experience in mental health care. Together, they offer a unique blend of clinical excellence and patient-centered care, ensuring each individual receives personalized treatment tailored to their needs.

[Learn More ▾](#)





Depression & Mood Disorders

We offer compassionate, evidence-based care for a range of mood disorders, including major depressive disorder, dysthymia, and bipolar disorder. Our approach focuses on improving mood, increasing motivation, and helping you regain interest in life's daily activities.



Anxiety & Panic Disorders

Anxiety can impact every aspect of life, from work performance to relationships. We provide effective treatment for generalized anxiety disorder, panic attacks, social anxiety, and phobias, helping you regain control and restore peace of mind.





PTSD & Trauma

Trauma can leave lasting emotional scars. We provide a safe, supportive environment for those living with post-traumatic stress disorder, using evidence-based strategies to reduce intrusive thoughts, improve sleep, and restore a sense of safety.



Schizophrenia & Psychotic Disorders

For individuals experiencing schizophrenia or other psychotic disorders, we offer long-term, structured treatment plans to improve stability, reduce symptoms, and enhance day-to-day functioning.



Sleep Disorders

Quality sleep is essential for mental health. We help address insomnia, disrupted sleep patterns, and related conditions so you can enjoy restorative rest and improved daily energy.

ADHD

We specialize in diagnosing and treating attention-deficit/hyperactivity disorder (ADHD) in adolescents and adults, helping improve focus, organization, and time management skills.

[View More Services](#)

TEAM

Meet Our Team

At CK Wellness, PLLC, our providers combine decades of clinical expertise with a genuine commitment to compassionate, patient-centered care. Each brings unique skills and experiences that allow us to serve individuals across all stages of life with excellence and understanding.

Insurances We Accept

**Trusted by thousands.
Inspired by many.**

The team at CK Wellness truly cares. From scheduling to treatment, everything feels smooth and supportive. Telehealth has been such a blessing for me with my busy schedule.



Sarah L.

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Frequently Asked Questions (FAQs)

What types of patients do you treat?



We treat adolescents (16+), adults, and seniors with a wide range of mental health conditions, including depression, anxiety, PTSD, bipolar disorder, schizophrenia, ADHD, substance use disorders, and more.

Do you offer both in-person and telehealth appointments?



Do you accept new patients?



What can I expect at my first appointment? 

Do you provide medication management? 

Can you help with substance use disorders? 

What is your scheduling availability? 

Do you work with insurance? 



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