



Mindset Psychiatric & Wellness

Compassionate Psychiatric Care in Everett, MA

| A Holistic and Positive Approach to Complete Wellness |

[Make An Appointment](#)

Welcome to Mindset Psychiatric & Wellness

At **Mindset Psychiatric & Wellness**, we prioritize your well-being with unwavering dedication, providing comprehensive care to support your journey toward optimal mental and physical health.

Our mission is simple: to deliver accessible, personalized healthcare that addresses the whole person. We believe true wellness is achieved by caring for the mind and body together. That's why we offer compassionate behavioral health services alongside medical weight loss solutions designed to help you improve your overall health, confidence, and quality of life.

Whether you're seeking support for anxiety, depression, ADHD, trauma, or looking to achieve sustainable weight loss, our team develops individualized treatment plans tailored to your unique goals. We understand that mental health and physical health are deeply connected, and we're committed to helping you succeed in both.

Our vision extends beyond treating symptoms. We strive to empower every individual to unlock their full potential through evidence-based, holistic care that supports emotional, physical, and spiritual well-being. By providing culturally sensitive, comprehensive services, we ensure every patient receives the support they need to thrive.

Life can feel overwhelming when stress, anxiety, depression, or health concerns begin to affect your daily life. If you've been struggling to feel like yourself or are looking for a healthier path forward, you don't have to do it alone.

At **Mindset Psychiatric & Wellness** in Everett, MA, we take the time to understand your story, your challenges, and your goals. Whether you're seeking psychiatric care, medication management, therapy support, or medically supervised weight loss, we'll create a personalized plan that fits your lifestyle and helps you achieve lasting results.

Thank you for choosing Mindset Psychiatric & Wellness as your partner in health. Whether you prefer in-person appointments or the convenience of telehealth, we're here to meet you where you are and support you every step of the way. Together, we'll work toward a healthier mind, a healthier body, and a brighter

Guiding You to Emotional Wellness & Personal Empowerment

Unleashing Your Potential Through Comprehensive Therapeutic Support



Conditions We Treat

At Mindset Psychiatric & Wellness, we understand that mental health and weight loss are diverse, and our services reflect that. We expertly manage common conditions such as weight loss, depression, anxiety, ADHD, and PTSD. Additionally, our comprehensive care extends to individuals dealing with more complex challenges, including Schizophrenia, Bipolar illnesses, personality disorders, and sleep problems.



Our Approach To Care

Our commitment to holistic care sets us apart. While therapy and medication management play crucial roles, we go beyond conventional approaches. Natural remedies, skills training, and alternative care methods are integral to our philosophy. We believe that every individual is unique, and so should be their treatment plan.



What To Expect

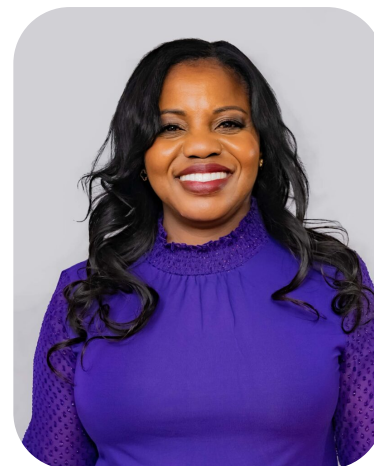
When you choose Mindset Psychiatric & Wellness, you can expect a personalized plan of care tailored to meet your specific needs. Our team collaborates with you to determine the most effective combination of therapies and interventions. Whether it's traditional methods, natural remedies, or alternative approaches, our goal is to empower you on your journey to mental well-being.

[View All Services](#)

Meet The Provider

Dr. Rosemonde Paulo DNP, PMHNP-BC, FNP-BC

Hi there! My name is **Dr. Rosemonde Paulo**, and I am a dual board-certified nurse practitioner. I am board certified as a Family Nurse Practitioner through the American Association of Nurse Practitioners (AANP), hold a Doctoral-level Nursing Degree (DNP) as well as being boarded as a Psychiatric Mental Health Nurse Practitioner through the American Nurses Credentialing Center (ANCC). These three areas of interest and education reflect my inherent passion for advancing quality holistic healthcare from all perspectives. Combined with many years of clinical experience, these disciplines have provided me with a more comprehensive view of wellness.



Ready to prioritize your mental health?

Take The First Step Towards
Positive Change. Let's Embark
On A Journey To Well-Being
Together.

[Make An Appointment](#)



Why Patients Choose Us?

Many people tell us they've felt rushed, dismissed, or unheard in other psychiatric settings. At Mindset Psychiatric Wellness, we do things differently:

Longer appointments so you never feel like "just another patient."

Same-day and next-day availability because your mental health can't wait.

Collaborative approach where your voice guides your treatment.

Culturally sensitive care tailored to Everett's diverse community.

Focus on long-term wellness, not just quick fixes.

Our mission is to make mental health care more accessible, more human, and more effective for the people of Everett MA and beyond.

Comprehensive Psychiatric and Weight Loss Services in Everett, MA

Medical Weight Loss in
Everett, MA

Psychiatric Evaluations in
Everett, MA

Medication Management
Everett, MA

Therapy and Counseling



ADHD Treatment Everett,
MA

Anxiety Therapy Everett,
MA

Depression Treatment
Everett, MA

PTSD Therapy Everett, MA

Holistic Mental Health Care Everett, MA

We believe healing goes beyond prescriptions. At Mindset Psychiatric Wellness, we embrace a holistic mental health care Everett MA approach that looks at the whole person:

Nutrition and lifestyle guidance

Stress reduction and mindfulness strategies

Sleep and wellness education

Support for building healthy habits

By treating both the mind and the body, we aim to give our patients tools that support long-term recovery and resilience.

Your Journey with Mindset Psychiatric Wellness

We've made it simple to begin care:

Schedule your consultation online or by phone.

Meet your provider for a thorough evaluation.

Create a personalized plan that may include therapy, medication, or holistic strategies.

Ongoing support with regular check-ins and adjustments as you progress.

Our team is committed to walking alongside you—not just at the start, but throughout your journey toward wellness.

A Message of Hope

Struggling with mental health can feel isolating, but you don't have to carry it alone. At Mindset Psychiatric Wellness, we combine medical expertise with genuine compassion to help you reclaim your peace of mind.

Whether you're searching for anxiety therapy Everett MA, ADHD treatment Everett MA, PTSD therapy Everett MA, or holistic mental health care Everett MA, our team is here to support your journey toward healing.

Ready to begin? Contact us today to schedule your appointment and take the first step toward a brighter tomorrow.



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Hours:

Monday-Thursday 10:00am- 5:00pm

Saturday- By appointment only

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