



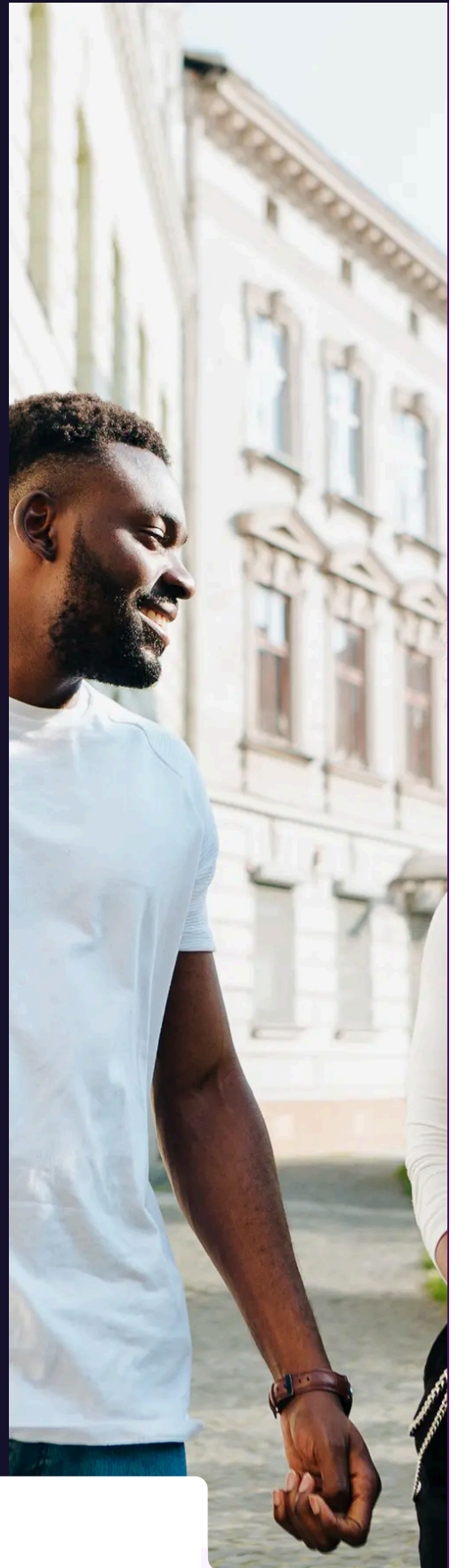
Welcome to Seeking Serenity

Psychiatric Medication Management in Worthington, Ohio

Find Your Peace, Reclaim Your Life.

Receive compassionate, personalized psychiatric care designed around your mental, physical and emotional well-being. Seeking Serenity provides psychiatric medication management, evaluations and holistic mental health services through convenient telehealth appointments in Ohio. Care is led by Awa Ndiaye, a dual-board-certified Psychiatric-Mental Health Nurse Practitioner and Family Nurse Practitioner.

[Book Appointment](#)





About Awa Ndiaye

Meet Awa Ndiaye, PMHNP, FNP

With more than 15 years of healthcare experience across hospitals, primary care and psychiatric settings, Awa Ndiaye brings a broad understanding of both mental and physical health to every appointment.

As a dual-board-certified Family Nurse Practitioner and Psychiatric-Mental Health Nurse Practitioner, Awa takes a whole-person approach to care. She considers your symptoms, health history, lifestyle, personal concerns and treatment goals before recommending a care plan.

[More About Awa](#)

15+

Experience of Years

4.9/5

Rated by 115+ Clients

2

Specialized Board
Certifications

100%

Secure Telehealth
Platform

Our Services

What Mental Health and Wellness Services Does Seeking Serenity Provide?

Seeking Serenity offers personalized psychiatric medication management and wellness services for patients seeking convenient care in Worthington, Ohio through telehealth. Each service begins with an individual evaluation so that recommendations can be based on your symptoms, medical history, needs and goals.



Psychiatric Medication Management

Receive careful psychiatric medication management, evaluation and ongoing monitoring from an experienced psychiatric nurse practitioner.

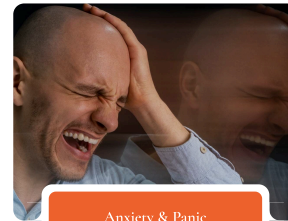
Treatment may support conditions such as ADHD, depression, anxiety, panic disorder, bipolar disorder, mood changes and sleep concerns. Medication is prescribed only when clinically appropriate, with follow-up appointments used to evaluate progress, response and possible side effects.



Depression Care

Depression can affect your energy, motivation, sleep, concentration, relationships and ability to enjoy everyday life.

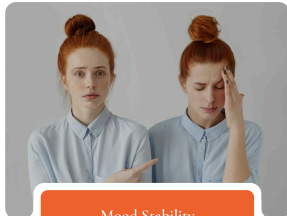
Seeking Serenity provides personalized depression care that may include psychiatric medication management, evaluation, lifestyle guidance and ongoing support. Your treatment plan is adjusted according to your symptoms, goals and response to care.



Anxiety & Panic

Get support for excessive worry, racing thoughts, panic attacks, restlessness, physical tension and anxiety that interferes with work, relationships or daily activities.

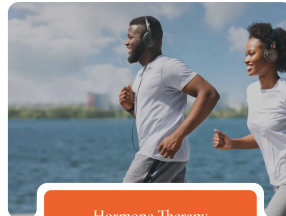
Anxiety treatment may include a comprehensive assessment, psychiatric medication management when appropriate and practical strategies that help you feel more grounded and in control.



Mood Stability

Emotional highs, depressive episodes and unpredictable mood changes can make daily life difficult to manage.

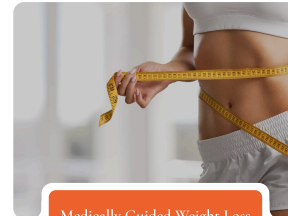
Seeking Serenity provides individualized bipolar disorder and mood disorder care focused on improving stability, monitoring symptoms and supporting long-term wellness through consistent follow-up.



Hormone Therapy

Hormonal changes may contribute to fatigue, mood changes, sleep concerns, low energy, weight changes and reduced overall well-being.

For eligible patients, personalized hormone therapy begins with an appropriate health evaluation and is developed according to individual symptoms, health history and treatment needs.



Medically Guided Weight Loss

Reach your health goals through a personalized, medically guided weight-loss program.

Your plan may include health evaluation, nutrition guidance, lifestyle support, progress monitoring and evidence-based treatment options when clinically appropriate. The goal is to support safe, sustainable improvement rather than temporary results.

[View More Services](#)

Why Choose Us

Why Choose Seeking Serenity for Telehealth Psychiatric Care in Ohio?

Evidence-Based

Telehealth Access

Treatment recommendations are guided by clinical evidence, your health history and your individual response to care.

Radical Empathy
Discuss your concerns in a respectful environment where you can feel heard, understood and supported.

Integrated Health
Your care plan considers the relationship between mental health, physical health, lifestyle and everyday functioning.

Connect with an experienced psychiatric provider from a private and comfortable location in Ohio.

Collaborative Care
You are an active partner in your care. Treatment options, concerns and goals are discussed before important decisions are made.

Clinical Expertise
Awa's combined training in family health and psychiatric mental health supports a more integrated understanding of your care needs.

How Does Online Psychiatric Care Work?

Seeking Serenity makes it easier to begin psychiatric care without complicated scheduling or unnecessary delays.

Book Appointment

Simple Scheduling

Use the secure online portal to select an available telehealth appointment that fits your schedule.

Intake & Evaluation

We begin with a comprehensive assessment to understand your history, your current challenges, and your goals.

Tailored Planning

Together, we develop a treatment strategy that may include evidence-based medication, lifestyle shifts, or tools.

Ongoing Support

Mental health is a journey, not a destination. We provide follow-ups and telehealth check-ins to monitor progress and adjust care.

Ready to Begin Personalized Psychiatric Care in Ohio?

Expert mental health support is only a click away. Connect with Awa Ndiaye for personalized psychiatric medication management, evaluation and telehealth-based care designed to help you regain stability, improve daily functioning and move forward with confidence.

Book Appointment

Testimonials

Experience what it's like to work with Awa.

Awa was very straightforward provided a lot of useful information. Made me feel comfortable.

Verified client
age 25-34

Loved Awa!! She made me feel comfortable and gave me some great solutions to my issues.

Verified client
age 25-34

She was very sweet and understanding our first appointment. Looking forward to working with her more in the future. Thank you.

Verified client
age 35-44

Your Journey to Wellness Starts with One Simple Step.

Get in touch with our team to ask questions, schedule appointments, or learn more about our mental health services and support.

Send Us a Message

First Name *
First Name

Last Name *
Last Name

Contact Information

☑ (614) 636-4110

✉ seekingserenity10@gmail.com

📍 740 Lakeview plaza blvd worthington
Ohio 43230

Email *

Email Address

Phone *

Phone no:

Your Message

Your Message

Submit Form



Seeking Serenity offers compassionate, personalized mental health care and telehealth services to support your journey toward wellness and peace of mind.

Quick Links

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