

D&Y Integrated Psychiatry Encourages Californians to Prioritize Mental Wellness During National Wellness Month

California Telepsychiatry Practice Highlights the Importance of Early Psychiatric Evaluation and Personalized Mental Health Care

MONROVIA, CA, UNITED STATES, August 19, 2026 /EINPresswire.com/ -- In recognition of National Wellness Month this August, D&Y Integrated Psychiatry is encouraging adults across California to make mental wellness a priority by seeking clarity, support, and evidence-based psychiatric care before stress, anxiety, burnout, or attention difficulties begin interfering with daily life.



Taking time to slow down and check in with yourself is an important part of mental wellness.

Mental wellness is about more than simply managing symptoms. It involves understanding how emotional health affects work performance, relationships, sleep, decision-making, and overall quality of life. Through secure telehealth appointments available statewide, D&Y Integrated Psychiatry provides comprehensive psychiatric evaluations, medication management, and ongoing care for adults seeking answers and personalized treatment plans.

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Patients deserve appointments where they leave with answers—not confusion”

*Denis Grigorov, PMHNP-BC,
founder of D&Y Integrated
Psychiatry*

Founded by Denis Grigorov, PMHNP-BC, D&Y Integrated Psychiatry was built around a simple philosophy: accurate diagnosis should always come before treatment. Rather than rushing patients through brief appointments, the

practice emphasizes careful evaluations, collaborative decision-making, and treatment plans that patients fully understand.

"National Wellness Month is a reminder that taking care of your mental health is just as important as taking care of your physical health," said Denis Grigorov, PMHNP-BC, Founder of D&Y Integrated Psychiatry. "Many people spend years assuming they simply need to push harder when, in reality, they may be living with treatable conditions such as ADHD, anxiety, depression, or burnout. The first step is understanding what's actually happening."

Wellness Starts With Understanding
Many adults delay seeking psychiatric care because they believe their symptoms are simply part of their personality or lifestyle. Difficulty concentrating, chronic stress, persistent worry, emotional exhaustion, sleep problems, or feeling overwhelmed are often dismissed until they begin affecting work, relationships, or daily functioning.

D&Y Integrated Psychiatry encourages adults to seek evaluation early rather than waiting until symptoms become more disruptive. Every new patient begins with a comprehensive psychiatric evaluation designed to identify the underlying cause of symptoms before discussing medication or treatment options.

Comprehensive Telepsychiatry Across California

Through HIPAA-compliant telehealth appointments, D&Y Integrated Psychiatry provides outpatient psychiatric care for adults throughout California. Services include comprehensive psychiatric evaluations, medication management, combination therapy, and treatment for conditions including ADHD, anxiety disorders, depression, PTSD, OCD, burnout, bipolar and mood disorders, panic attacks, and other adult psychiatric concerns.

The practice also offers a free online educational resource, "Could Your Focus Struggles Actually



Sometimes prioritizing your mental wellness starts with giving yourself a quiet moment to pause, reflect, and reset.



Making space to slow down and check in with yourself can be an important part of prioritizing mental wellness.

Be Adult ADHD?", helping individuals recognize common signs of adult ADHD before scheduling a professional evaluation. The quiz serves as an educational starting point and can be accessed at:

<https://dyintegratedpsychiatry.com/could-your-focus-struggles-actually-be-adult-adhd/>

Personalized Care That Prioritizes Clarity

Unlike high-volume psychiatric practices, D&Y Integrated Psychiatry emphasizes conservative prescribing, evidence-based care, and patient education. Every treatment recommendation is explained clearly so patients understand both their diagnosis and the reasoning behind each clinical decision.

"Patients deserve appointments where they leave with answers—not confusion," Grigorov said. "Our goal is to help people understand their diagnosis, know why we recommend a particular treatment, and feel confident about the next steps."

Accessible Mental Health Care

D&Y Integrated Psychiatry serves adults 18 years and older throughout California through secure telehealth appointments. The practice accepts most major insurance plans, including Medicare and VA Community Care, and provides services in English, Russian, and Ukrainian. Prospective patients can schedule a free 15-minute consultation to discuss their needs, verify insurance coverage, and determine whether D&Y is the right fit before committing to treatment.

Individuals interested in learning more can visit <https://dyintegratedpsychiatry.com>, call (323) 483-6800, or email admin@dyintegratedpsychiatry.com.

About D&Y Integrated Psychiatry

D&Y Integrated Psychiatry is a California-based telepsychiatry practice providing evidence-based outpatient psychiatric care for adults throughout California. Founded by Denis Grigorov, PMHNP-BC, the practice specializes in comprehensive psychiatric evaluations, adult ADHD assessments, medication management, and treatment for anxiety, depression, PTSD, burnout, OCD, and mood disorders. Every patient receives a structured evaluation, clear diagnosis, and personalized treatment plan designed to improve long-term mental wellness and daily functioning.

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