

Breaking the Barrier to Care: Awesome Experience Offers Free Mental Health Self-Checks to Maryland Communities

New PTSD, depression, and medication management self-checks give residents a private, two-minute starting point before scheduling a psychiatric evaluation

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Awesome Experience Psychiatric Services, a Waldorf-based psychiatric practice serving Southern Maryland and the greater Washington, D.C. metro area, today announced the launch of three free, confidential self-check assessments on its website, awesomeeps.com. The new tools give residents a private, two-minute starting point for understanding whether their symptoms may benefit from a comprehensive psychiatric evaluation.



Sometimes taking the first step toward feeling better starts with simply talking it through.

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Dr. Siyami Takha, DNP, FNP-BC, PMHNP-BC

The three self-checks, covering PTSD and trauma, depression, and medication management, were built to lower the barrier to that first step. Each takes about two minutes to complete, requires no account, and is designed as an educational tool rather than a diagnostic one. Visitors receive a personalized reflection based on their answers, along with clear next steps if they choose to schedule care.

The launch reflects the practice's broader focus on psychiatric evaluation and medication management, alongside therapy, for patients across the lifespan. Awesome Experience is led by Dr. Siyami Takha, DNP, FNP-BC, PMHNP-BC, a dual board-certified psychiatric and family nurse practitioner who founded the practice on the principle that

psychiatric care should be a partnership, not a transaction.

"A lot of people spend months, sometimes years, wondering whether what they are feeling is worth bringing to a provider," said Dr. Takha. "These self-checks will not replace a real evaluation, but they can give someone the language and the confidence to take that first step sooner rather than later."

Each self-check reflects the practice's medication-forward approach to care. The PTSD and depression assessments include information on how psychiatric evaluation and medication management, not therapy alone, can factor into treatment, and the medication management self-check helps current patients and prospective patients alike gauge whether an existing medication plan may be due for a review. All three tools include built-in safety guidance, including crisis resources, and were reviewed for HIPAA-conscious data handling before launch, since only a first name and email address are ever collected.

Appointments are available in person at the practice's Waldorf office or by telehealth across Maryland, in English or French. Awesome Experience accepts most major insurance plans, including Aetna, Anthem/BCBS, Cigna, GEHA, Maryland Medicaid, Medicare, Humana, TRICARE, and UnitedHealthcare/Optum, with self-pay and out-of-network billing options also available.

Take the Free Assessment

All three self-checks are free to take and live and accessible on the practice's home page, or directly at:

- PTSD and Trauma Self-Check: awesomeeps.com/ptsd-quiz/
- Depression Screening Self-Check: awesomeeps.com/depression-screening-quiz/
- Medication Management Check-In: awesomeeps.com/medication-management-quiz/



A supportive conversation can make it easier to recognize when it's time to reach out for help.



Sometimes a little quiet reflection can help you understand what you're feeling and what support you may need.

For more information or to schedule a comprehensive psychiatric evaluation, visit [awesomeeps.com](https://www.awesomeeps.com).

About Awesome Experience Psychiatric Services

Awesome Experience Psychiatric Services, LLC is a psychiatric practice based in Waldorf, Maryland, offering comprehensive psychiatric evaluation, medication management, and supportive psychotherapy for patients across Southern Maryland and the Washington, D.C. metro area. Founded by Dr. Siyami Takha, DNP, FNP-BC, PMHNP-BC, the practice takes a holistic, culturally attentive approach to care for children, adolescents, and adults. Services are available in person and by telehealth, in English and French. More information is available at [awesomeeps.com](https://www.awesomeeps.com).

Dr. Siyami Takha, DNP, FNP-BC, PMHNP-BC

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