

Awesome Experience Encourages Marylanders to Make Mental Health Care Personal

Waldorf psychiatric practice connects October's mental health awareness observances with personalized, culturally attentive care across Maryland

WALDORF, MD, UNITED STATES, October 22, 2026 /EINPresswire.com/ -- October offers an opportunity to look beyond mental health awareness and consider what meaningful mental health care should actually feel like. During Mental Illness Awareness Week and World Mental Health Day, Awesome Experience Psychiatric Services is encouraging individuals and families across Maryland to approach mental health care as a personal, collaborative process rather than a one-size-fits-all experience.



Feeling heard and understood can make a real difference when taking the next step toward better mental health.

For Awesome Experience Psychiatric Services in Waldorf, those principles reflect the foundation of its approach to psychiatric care.

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

Mental Health Care Should Start With the Whole Person
Mental health concerns rarely exist in isolation. Symptoms can affect relationships, work, school, sleep, family responsibilities, and everyday routines, while personal history and physical health can also influence how someone experiences and responds to treatment.

At Awesome Experience, psychiatric care begins with

understanding that broader picture.

Dr. Siyami Takha, founder and clinical lead of Awesome Experience Psychiatric Services, provides individualized psychiatric care for children, adolescents, and adults. The practice's approach considers a patient's psychiatric and medical history, family background, current concerns, daily life, values, and goals when developing a treatment plan.

"Psychiatric care should be a partnership, not a transaction. A diagnosis is a starting point, not a destination," said Dr. Siyami Takha.

That philosophy is particularly relevant during a month dedicated to changing how people understand mental illness. Awareness is not simply about recognizing symptoms. It can also mean creating an environment where people feel comfortable asking questions, discussing concerns, and participating in decisions about their care.

From Awareness to a More Personalized Treatment Plan

For someone who has been struggling with changes in mood, anxiety, attention, trauma-related symptoms, or other mental health concerns, knowing where to begin can be difficult.

A comprehensive psychiatric evaluation can provide an opportunity to step back and look at the full picture.

At Awesome Experience, the initial psychiatric evaluation is designed to understand a patient's current concerns, psychiatric and medical history, family history, relationships, sleep, routines, and goals. From there, Dr. Takha discusses potential diagnoses and treatment options with the patient before developing an individualized plan.



Sometimes stepping away from the daily routine gives us space to reflect on what we need and how we're feeling.



Making space for yourself, even in the middle of a busy week, can help you reconnect with what matters.

Treatment may include medication management, individual therapy, or a combination of approaches depending on the patient's needs and preferences. The practice also provides child and adolescent psychiatry, telehealth services, and injectable psychiatric medication services.

Individual therapy is available as a separate service as well, meaning patients do not have to pursue medication in order to receive therapy. The practice offers evidence-based approaches tailored to each patient's goals, pace, history, and values.

Care That Recognizes Culture and Individual Experience

October's focus on lived experience also highlights the importance of creating mental health services that recognize that patients come from different backgrounds and communities.

Awesome Experience Psychiatric Services provides care in both English and French and serves patients in Waldorf, Charles County, Southern Maryland, and the broader DC metro area. Secure telehealth is also available to patients throughout Maryland when clinically appropriate.

The practice is designed around patient participation, with treatment conversations focused on what the individual is experiencing, what they hope to accomplish, and what approaches are compatible with their values.

This can be particularly important for individuals who have had difficulty finding mental health care that feels responsive to their circumstances or who are returning to psychiatric care after time away.

Recognizing When It May Be Time to Reach Out

There does not have to be a single dramatic moment that determines whether someone deserves mental health support.

Changes in mood, sleep, concentration, relationships, motivation, daily functioning, or the ability to manage responsibilities may be reasons to consider talking with a qualified mental health professional. A person does not need to arrive with an existing diagnosis to begin a psychiatric evaluation.

Awesome Experience currently offers psychiatric evaluations for new patients, along with ongoing medication management and individual therapy. The practice serves patients ages 6 through 65 and older and is accepting new patients.

For Maryland residents who may have difficulty traveling to the Waldorf office, telehealth provides another way to access psychiatric appointments without needing to travel to the office.

Taking the Next Step in October

Mental Illness Awareness Week and World Mental Health Day provide an annual reminder that

mental health deserves the same thoughtful attention as other aspects of overall health. For individuals who have been considering psychiatric support, October can be an opportunity to move from awareness toward a conversation about what comes next.

Awesome Experience Psychiatric Services welcomes individuals and families who are ready to better understand what they are experiencing and explore appropriate treatment options.

Appointments are available in person at the practice's Waldorf location or through secure telehealth for Maryland residents.

About Awesome Experience Psychiatric Services

Awesome Experience Psychiatric Services, LLC is a women-owned psychiatric practice located in Waldorf, Maryland. Founded by Dr. Siyami Takha, DNP, FNP-BC, PMHNP-BC, the practice provides individualized psychiatric care for children, adolescents, and adults. Services include psychiatric evaluation, medication management, individual therapy, child and adolescent psychiatry, telehealth, and injectable psychiatric medications.

The practice serves patients across Charles County, Southern Maryland, and the DC metro area, with telehealth available statewide in Maryland. Care is offered in English and French.

For more information or to schedule an appointment:

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