

**THE FACE OF  
HOLISTIC MENTAL HEALTH**

**GUPTA PSYCHIATRY >>>**

Dr. Mona Gupta, founder and director of Gupta Psychiatry, believes in a more 'holistic' approach to overall mental health and wellness. She is a prominent board certified psychiatrist in North Raleigh and believes a healthy mind leads to a healthy body and life. She encourages an overall healthy lifestyle by advocating a balanced diet, daily exercise, vitamins, implementation of mindful relaxation techniques, and medication management if necessary. As behavioral health issues are becoming more publicly discussed and accepted, she and her dedicated team lay the foundation for successful treatment and recovery by providing unparalleled support throughout treatment.

**NEW LOCATION! | 1011 WEST WILLIAMS STREET, SUITE 102 | APEX, NC 27502  
8304 CREEDMOOR RD, RALEIGH, NC 27613 | 919.870.8409 | GUPTAPSYCHIATRY.COM**