

## Psychiatric-Mental Health Advanced Practice Nurses (PMH APRNs):

- Assess, diagnose, and treat mental health and substance use disorders
- Prescribe medication
- Provide psychotherapy (psychological counseling)
- Have masters or doctoral degrees in nursing



## PMH APRNs make a proven difference in mental health and wellness with:

- Excellent patient outcomes
- High patient satisfaction
- Cost-effective care

## You can find PMH APRNs in rural and urban settings across the country, such as:

- Private practices
- Hospitals
- Community mental health centers
- Primary care offices
- State and Federal facilities

*“I am an advocate for reducing stigma and improving access to care. Mental health matters!”*

– Helene Vossos, ARNP, DNP, PMHNP-BC  
on her role as a PMH APRN



For more information, please contact:

American Psychiatric Nurses Association  
3141 Fairview Park Drive, Suite 625  
Falls Church, Virginia 22042  
Toll Free: 855-863-APNA (2762)  
Fax: 855-883-APNA (2762)  
[www.apna.org](http://www.apna.org)




## Psychiatric-Mental Health Advanced Practice Registered Nurses

### PMH APRNs

*Your Partner in Mental Health & Wellness*





# What is a Psychiatric-Mental Health Advanced Practice Registered Nurse (PMH APRN)?

A PMH APRN is a nurse with advanced training who provides mental health care. PMH APRNs assess, diagnose and treat people who have psychiatric and/or addictive disorders. They also help those at risk to prevent the development of these disorders.

PMH APRNs prescribe medication and provide individual, family, and group therapy. They use a range of skills to provide care for both the mind and body. Instead of just treating an illness, PMH APRNs take time to partner with a patient to help him or her achieve his/her own recovery and wellness goals.

PMH APRNs work in a variety of health care settings and are eligible to accept private insurance, HMOs, PPOs, Medicare and Medicaid.

## Licensed by States

PMH APRNs practice under the rules and regulations of the state in which they are licensed.

PMH APRNs may be licensed in two roles:

- Psychiatric Mental Health Nurse Practitioner (PMHNP)
- Psychiatric Mental Health Clinical Nurse Specialist (PMHCNS)

**Both PMH NPs and PMH CNSs share the same core skills.** They are both educated in research, systems leadership, and direct patient care skills needed to provide psychiatric evaluations and treatment. Both licenses require advanced education and clinical knowledge beyond that required of registered nurses.



## Proven Expertise in Psychiatric-Mental Health

Both PMH CNSs and PMH NPs meet high standards for licensure and certification. PMH APRNs take a national certification examination to validate their expertise. This certification is designated with the initials BC (Board Certified) at the end of the title (e.g., PMHNP-BC). PMH APRNs must continually enhance their expertise with continuing education to maintain their professional credentials.

## Among the many important mental health services they provide, PMH APRNs:

- Evaluate and diagnose mental health disorders.
- Order and interpret diagnostic tests such as lab-work.
- Provide psychotherapy (psychological counseling) for individuals, groups & families.
- Prescribe and monitor the effects of psychiatric medications.
- Provide care to persons in the hospital.
- Coordinate patient care and provide case management.
- Collaborate with physicians and other health professionals.
- Provide education and consultation to nurses and other mental health professionals.
- Design and conduct research to improve mental health care.

## PMH APRNs deliver holistic, personalized mental health care as they:

- Combine biological, psychological, social, and spiritual components to treat the whole person.
- Teach people how to manage their mental health and improve their overall health.
- Focus on health education, wellness promotion, and prevention of disease.

## How can I find a PMH APRN?

- Contact your health insurance carrier and let them know that you would like a referral.
- Ask your health care provider for a referral.

## What questions should I ask when seeking a PMH APRN?

- Do you provide psychotherapy, medication management, or both?
- Do you specialize in a particular area, like addictions or children's mental health?
- Are you taking new patients?
- Do you take insurance?



*I am passionate about recovery and am honored to assist those struggling with mental health issues and addiction and partner with them in the opportunity to grow and transform their lives."*

— Dawn Copas, NP on her role as a PMH APRN