



OUR PHILOSOPHY

As we begin this journey together, we will strive to remain adaptable, motivated, and responsive to our patients. The desire to serve others has been the driving force behind our passion to Bridge the Gap. We strive to empower our patients to embrace themselves and become aware of their challenges but not let it define or label them. SOWEGA Autism & Psychiatry will act as a catalyst for change to educate and eradicate the stigma of mental illness.

When your mental health is at it's lowest, getting the care you need should be as easy to access as possible.

SOWEGA Autism & Psychiatry is here to provide you with that support: a real person walking alongside you through life's darkest moments.

LET'S BRIDGE THE GAP TOGETHER!

We will take you Step-by-step to Bridge the Gap

STEP 1: review your medical/family history, social/environmental facts, and situational variables such as work and school, and how this affects your thinking and feelings.

STEP 2: based on the information gathered during the initial visit, determine if a psychiatric diagnosis is warranted.

STEP 3: If a diagnosis is made, determine which symptoms are the most bothersome

Please bring:

- Insurance card
- Photo ID
- All current medications

Established Patients Are Welcome

We Welcome Walk-In New Patients

Same Day Appointments Are Guaranteed

OUR SERVICES to bridge the gap

Medication/Psychotherapy

School/Sport Physicals

Telehealth/Walk-Ins

Psychiatric Clearance

Collaboration with Primary Physician

LGBTQ+

Long Acting Injectable (LAI) Anti psychotics

What age groups are served?
Ages 3 and older (across the lifespan).

How much time should I set aside for my appointment?

New visit, approx. 1 hour; established visit, approx. 30 minutes.

However, the length of your appointment can vary based on your individualized treatment.

"No judgement. No bias."
"You will receive top quality care
in a safe compassionate
private space"

**SOWEGA Autism & Psychiatry
specializes in the
following conditions:**

Mental Disorder:

- Mood disorders
- Eating Disorders
- Personality Disorders
- Cognitive & Developmental Disorders
- Anxiety Disorders
- Psychotic Disorders
- Substance Related Disorders
- Physical Disorders



Please contact us at:

SOWEGA Autism & Psychiatry
1909 Aberdeen Road, Suite 104
Albany, GA 31701
Phone: 229-800-5547
Fax: 888-720-1328
sowegaautismpsych.com

Hours of Operation
(Closed 12 pm-1:00 pm for lunch)
Monday-Saturday (8:30 am-5:30 pm)
Sunday (Closed)



Our Albany-based Board-Certified Psychiatric-Mental Health Nurse Practitioner and Family Nurse Practitioner is committed to working with children adolescents, adults, and families seeking evidence-based assessment, diagnosis, and treatment services for a range of psychological or adjustment difficulties.