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## **Horizon welcomes new Psychiatric Provider, serving adults in the Bedford area.**

**Bedford, VA** – According to the National Institute of Mental Health, approximately one out of every three people with a Severe Mental Illness did not receive mental health treatment in the last year ([2020](#)). Similar challenges were expressed by respondents of the Bedford Community Health Needs Assessment (CHNA) who reported that psychiatric care for adults and pediatrics was hard to find in the community ([2021](#)).

Horizon Behavioral Health is proud to announce the recent addition of a Psychiatric Mental Health Nurse Practitioner (PMHNP) to their wellness team, now serving adults in the town of Bedford and Bedford County. Christine Gilmore, PMHNP, comes to the central Virginia region from New Mexico with 12 years of experience as a Nurse Practitioner. While practicing in a variety of settings including urgent care, home care, primary care, and outpatient primary care, Christine recognized that there was a bleak disconnect between the number of psychiatric referrals she needed to make and the number of Psychiatric Providers able to receive them. As a result, she dedicated the next four years of her career to the field of psychiatric medicine.

When asked what was the most important message she could share with her community, Christina said, “You are deserving of happiness and an easier time. It’s possible if you keep trying.” She describes herself as being a provider who aims to listen and understand her clients from a non-judgmental perspective.

Psychiatric services are available via a telehealth appointment or in-person at Horizon’s Wellness Center at Bedford located at 1409 Old Dominion Blvd, Bedford, VA 24523. Call Horizon’s Admission number, 434-477-5000, to schedule your first appointment.

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*Horizon Behavioral Health has been the primary public behavioral healthcare provider in the Region 2000 area for more than 53 years. In the last year, Horizon provided services to approximately 12,000 adults and children, addressing problems with mental health, substance use and intellectual disabilities. Horizon is accredited by CARF International. This represents the highest level of accreditation that can be given to a behavioral health organization.*