



WHOLE HEALTH. Feel Seen, Feel Cared For

We offer medication management and therapy in the Sacramento area with a focus on mindful care.

Our practice can see Northern California Kaiser patients who have been approved to see outside providers.



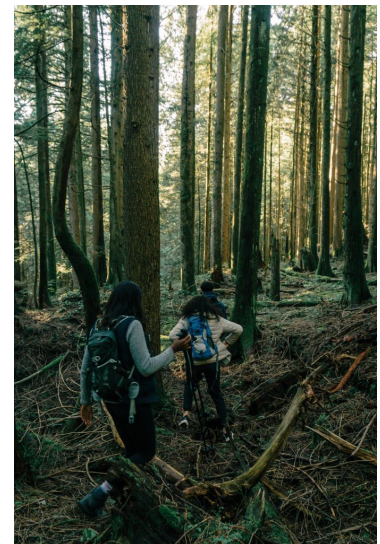
ABOUT US

Personalized and Compassionate Care

At Treasure Behavioral Health, the connection between mind and body isn't just clinical rhetoric — it is central to everything we do in our practice. We see patients from all backgrounds and above, adjusting our approach to meet the needs of adults alike.

[Learn More](#)

We place a strong focus on whole health as we recognize mental illness can affect the body in many ways.





FOUNDER

Dr. Roberta Iyamu DNP, PMHNP-BC

I am a doctoral-prepared psychiatric nurse practitioner who graduated from the University of San Francisco and is a Board Certified Psychiatric Mental Health Nurse Practitioner (PMHNP) who treats patients struggling with Anxiety, Depression, Bipolar, and ADHD. I have over fifteen years of experience treating patients from various struggles.

My work and care have a patient-centered stance and I believe in a right to know, get involved with, and make choices about your health. I establish strong relationships with all patients and their families to help supply them with knowledge and support for their care and treatment plans.

My interest in mental health started in the very early stages of my life, and my search to understand mental illness led me to become a Psychiatric Nurse Practitioner. I believe that every mental health-related condition has a unique story and every story deserves special attention based on the individual's needs.

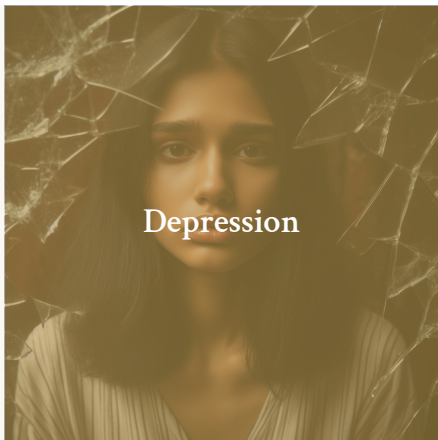
[Schedule an Appointment](#)

Reaching Out is a Sign of Strength

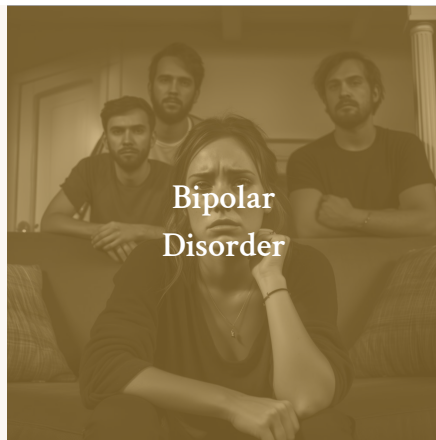
Understanding the importance of support and choosing to be open about our struggles is not an indication of weakness but an affirmation of our inner resolve.

To ask for help and share our stories is to exercise a deep sense of self-awareness and strengthen our interconnectedness that is essential for our collective growth.

Our Services



Depression



Bipolar
Disorder



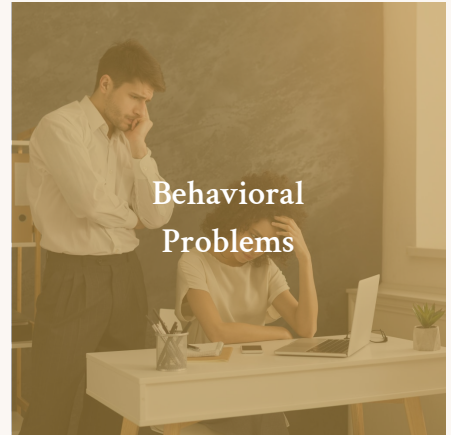
Anxiety
Disorders



Sleep
Disorders



Substance
Abuse



Behavioral
Problems

Insurances

Accepted Insurances



Treatment Approaches

Our practice is intended to offer you the help that works best for you:

Therapy: One-on-one sessions focusing on towards wellness.

Medication Management: Careful oversight manage any medications.

Find Your Peace



Feel a sense of calm and relief that comes with support. We are here to listen, understand, and move forward.

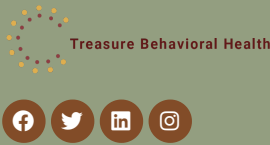
Schedule an Appointment

FAQ

Have Questions or Need Help Getting Started?

Give us a call or send us a message – your peace of mind is just a conversation away.

How can I make an appointment?	+
Do you offer both in-person and telehealth appointments?	+
Can I use my insurance?	+
What forms of payment does the practice accept?	+
What is a behavioral health provider?	+



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