



Welcome to On Track Psychiatry

Empowering Minds, Transforming Lives

At On Track Psychiatry, we believe in the power of healing and growth through personalized mental health care. Our team of compassionate, board-certified Psychiatric Mental Health Nurse Practitioners (PMHNPs) is dedicated to guiding individuals on their journey toward mental wellness, empowering minds by providing individualized medication management and therapeutic interventions.

[Book an Appointment](#)

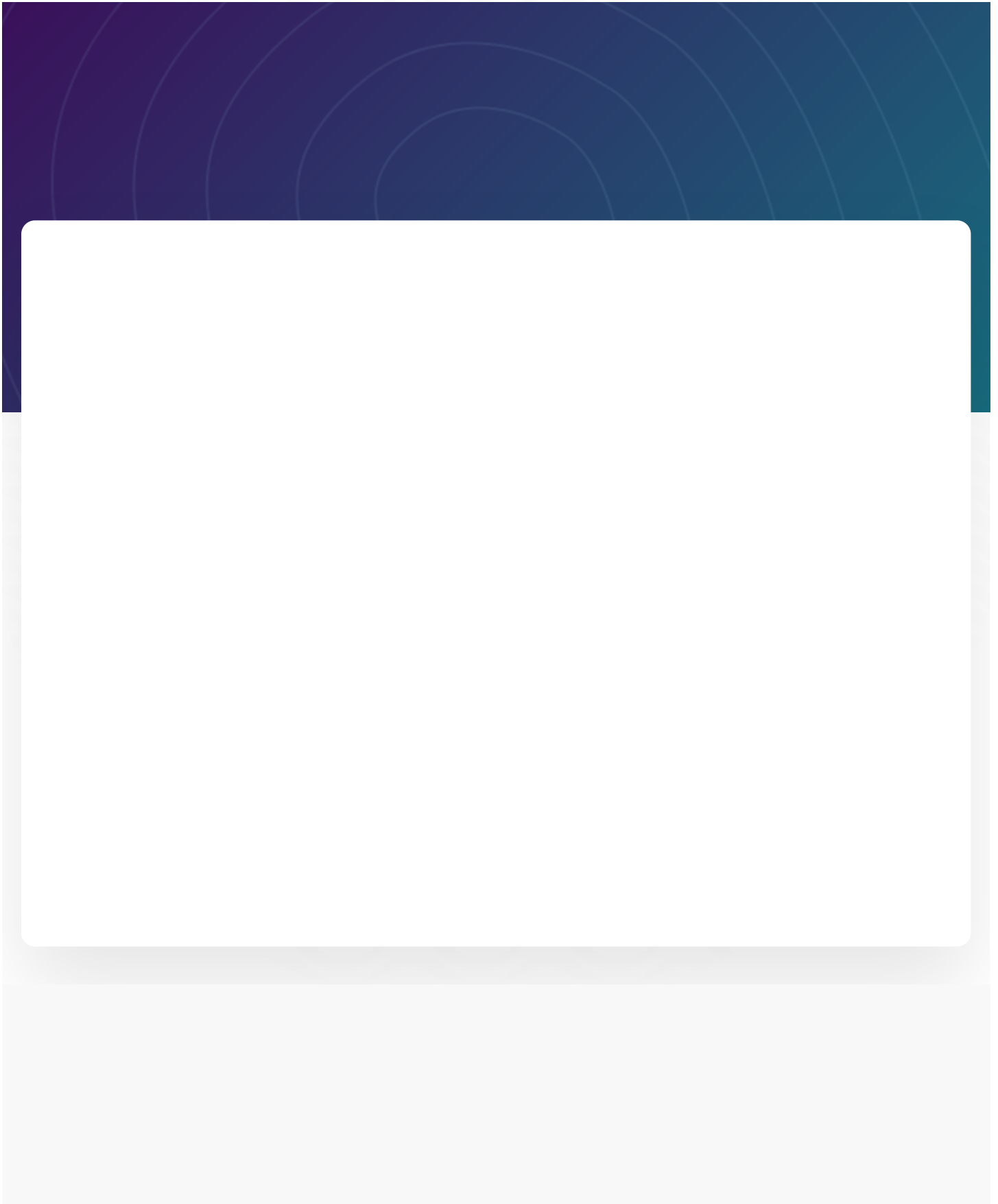
Who We Are

At On Track Psychiatry, we are dedicated to helping individuals overcome mental health challenges and reclaim their lives. Our mission is to provide compassionate, comprehensive, and personalized psychiatric care that empowers every client to achieve their fullest potential.

With years of experience and a deep understanding of diverse mental health conditions, our team of board-certified Psychiatric Mental Health Nurse Practitioners (PMHNPs), Tondalaya Sanford and Michelle Arshinkoff, combine expertise with empathy to deliver exceptional care. We believe that everyone deserves access to a safe space where they can set goals and work towards healing and growth.

[Learn More](#)

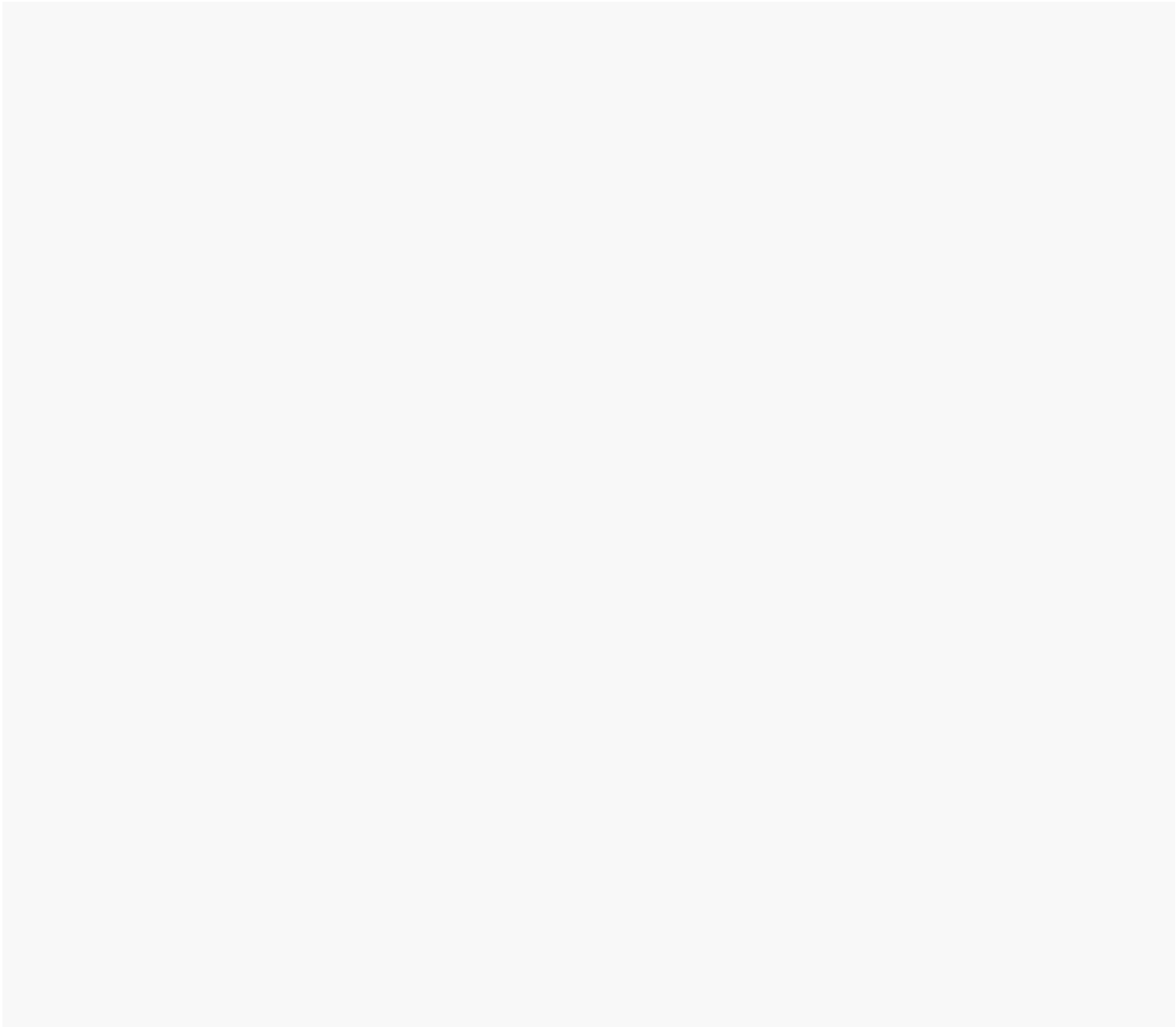






Meet Our Team

At **On Track Psychiatry**, we are proud to have a team of compassionate, highly qualified professionals dedicated to improving your mental health and well-being. Our Psychiatric Mental Health Nurse Practitioners bring years of experience and are committed to providing individualized care for each of our clients.



Insurances We Accept







Discover a sanctuary where advanced medical aesthetics meets holistic wellness. we empower you to look and feel your best through personalized, cutting-edge treatments.



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Contact

 (470) 752-1064

 info@ontrackpsychiatry.com

 1870 The Exchange SE Suite 200 - #1299 Atlanta GA 30339

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