

Hi! I'm Mandy — a psychiatric/mental health nurse practitioner licensed in New Mexico, and the founder of Gray Matters Wellness. I provide virtual psychiatric and mental health care with a focus on trauma, mood, and eating disorders, life transitions, and women's health concerns across the reproductive lifespan — from preconception to postpartum and beyond.

My approach is deeply trauma-informed, integrative, and grounded in compassion. I believe healing doesn't have to be a solo venture — people need people. And navigating life's twists and turns is a lot less overwhelming with someone in your corner who listens, gets it, and knows how to help.

Before I was a nurse, I was a youth pastor, where I first fell in love with helping hurting people heal. I went on to earn my Associate's of Science in Nursing from New Mexico Junior College (NMJC), my Bachelor of Science in Nursing, and a Master's of Science in Nursing Education from Western Governors University. I completed my Post-Master's Certificate in Psychiatric Mental Health Nurse Practitioner from Franklin University. My clinical background includes Women's Health, labor and delivery, postpartum, nursery, NICU, and fertility care. I still proudly teach full-time when I am not seeing patients.

As a provider, I understand the healthcare system from both sides — professionally and personally. I've walked through complex health and mental health challenges myself, including an eating disorder and significant medical trauma. That experience shapes my care: down-to-earth, smart, no fluff, and focused on helping patients feel seen, heard, and safe. You're doing the hard work and heavy lifting, I'm here to help guide and offer support in a variety of ways.

I offer fully virtual telehealth for adults across New Mexico, and also see adolescents under 18 for eating disorder support. I especially enjoy working with nurses, healthcare providers, educators, and helping professionals navigating vicarious trauma — both individually and within organizations.

Outside of work, I'm married to my best friend (truly obsessed with him), mom to three grown-ish kids, and live with two dogs — including Audrey Pupburn, our lemon Dalmatian/Catahoula mix currently sporting a pink dye job. I collect tattoos like they're merit badges, and my family's a multigenerational Disney cult classic.

At Gray Matters, you'll find care that's both clinical and human. If life's felt too heavy, I'd be honored to help carry the load.

