



**Stephanie Boudreaux, PMHNP**

My name is Stephanie Boudreaux and I am a Psychiatric Nurse Practitioner (PMHNP) committed to providing compassionate, holistic mental health care to ages 6+. Whether you're facing perinatal challenges or going through some tough life changes, my goal is to create an inviting and supportive space where you can feel comfortable taking the next step on your journey toward well-being.

# Contact Us



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In-network with the following:



 Houma, LA



**Southern Serenity**  
PSYCHIATRY



While I treat a wide range of mental health conditions, I have a special focus on **Perinatal Mental Health**, helping mothers and families navigate the emotional challenges of pregnancy, postpartum, and beyond.

I believe in a holistic and integrative approach, blending psychotherapy, medication management, and lifestyle modifications to create tailored treatment plans that support your well-being. Perinatal services include: Preconception Counseling, Perinatal Mood & Anxiety Disorders, Postpartum Anxiety & Depression, and Postpartum Mood Disorders.

### Services Include:

- Women's Perinatal Services
- Psychiatric Evaluations
- Psychotherapy
- Medication Management
- Genesight Testing ©

### Conditions Treated:

- ADHD
- Anxiety
- Depression
- Sleep Disorders
- Bipolar Disorder
- PTSD

Visit for more information:  
[southernserenitypsych.com/services](https://southernserenitypsych.com/services)

## Why Choose Southern Serenity Psychiatry?



### PERSONALIZED CARE

Every individual is unique, and so is every treatment plan. I take the time to understand your specific needs, preferences, and goals, ensuring that your care is as personalized as possible.



### COMPREHENSIVE APPROACH

Mental health treatment is more than just addressing symptoms. My approach includes a thorough examination of your physical, emotional, and social well-being, providing a holistic treatment plan that supports all aspects of your life.



### COMPASSIONATE SERVICE

Navigating mental health can be challenging, but you don't have to do it alone. I am here to offer empathetic and non-judgmental support, helping you feel understood and respected throughout your journey.

Remember, Your Mental Health Matters!