

Welcome To Goodness Psychiatry

A Place of Hope and Healing

Our practice can see patients in Colorado, New Mexico, New York, Texas, Oregon and Minnesota.

[Book an Appointment](#)

Welcome to Goodness Psychiatry

We're here to help you find peace and happiness within.

Life can be tough sometimes, and seeking help is absolutely okay. We offer you a helping hand and a listening ear as you navigate your issues.

Conditions We Help You With

Goodness Psychiatry can provide professional support in times of overwhelm—we can help you make positive changes in your life.

Anxiety Disorders

If anxiety affects your life, let us help. We can assist you in managing and overcoming anxiety disorders to make life more peaceful.

Bipolar Disorder

We can help you manage bipolar disorder so you can feel balanced and grounded.

Depressive Disorders

We offer comprehensive treatment options to help you cope with major depression.

ADHD

We've got proven treatments and assessments to help you deal with ADHD.

PTSD

There's hope for healing from trauma; we're here to help you get there.

Obsessive-Compulsive Disorder (OCD)

We can help you manage the obsessions and compulsions you experience with OCD.

Dissociative Disorder

Our approach helps you reconnect with yourself to gain a better sense of identity and reality.

Psychotic Disorders / Schizophrenia

Coping with schizophrenia can be difficult. Our support can encourage more productive and healthier lives, regardless of psychotic disorders.

Addiction and Substance Use Disorders

If you or a loved one is struggling with addiction or substance use disorders, we offer you help and guidance.

Insurances We Accept













































About Goodness Psychiatry

Goodness Psychiatry is a place where you can feel supported.

Sometimes, all you need to move forward is a fresh perspective and a helping hand from a qualified professional.

If you are looking for compassionate mental health care, we are always glad to help.

We bring experience from diverse settings, serve various patients, and treat different psychological conditions.

We want you to understand that seeking mental health care is an act of self-compassion—something you can give yourself without shame or hesitation.

[More Information](#) →

Providing Modern and Effective Mental Health Care in Texas

We currently provide Telepsychiatry services for every area in Texas—making it convenient for you to receive treatment.

In-person appointments are also available at our Grand Prairie / Arlington office, and we welcome patients from the surrounding areas.

Meet the professional who are here to support you:

Goodness Psychiatry is led by psychiatric and mental health nurse practitioners – Fadekemi Olude, MSN, PMHNP-BC.

Their approach is based on guiding patients toward good mental health through a combination of clinical experience and modern psychiatric knowledge.

Goodness Psychiatry is a mental health practice — it's a place where you can feel accepted, validated and cared for with genuine empathy and compassion. The practice's philosophy is based on the idea that getting mental health care is an act of compassion for oneself — believing that you can recover and actively playing a part in your healing process.

Going through psychological issues and concealing them isn't easy.

People who battle with severe mental health disorders find it incredibly hard to go about their normal lives. There can be demotivation, emotional distance, mental and physical exhaustion, outbursts/meltdowns, mood swings, and many more. At times like these, it becomes important to find professional support that can help you get out of such a headspace and shift your mindset towards a healthy and positive one.



Fadekemi Olude, MSN, PMHNP-BC
Psychiatric & Mental Health Nurse Practitioner

Our Services

Medication Management

We make sure your medicine is taken effectively and safely

[more details](#)

Oral Ketamine Treatment

For those in need of it, we offer innovative oral ketamine treatment to help with specific mental health issues

[more details](#)

Supportive Psychotherapy

We create a caring and accepting environment for our psychotherapy sessions.

[more details](#)

Addiction / Substance Use Treatment

We provide treatment and support for those dealing with addiction or substance use issues to help you recover.

[more details](#)

Why Choose us?

- **Genuine Care:** We listen, understand, and support you through it all.
- **Patient-Based Treatments:** Every patient is different, from children to senior citizens so your treatment should be, too.
- **Modern Treatment Methods:** We blend time-tested techniques with the latest psychiatric research.
- **Experience:** We have extensive experience with up-to-date psychiatric treatments and therapies knowledge.
- **Virtual Care:** Our practice has flexible appointment options, including virtual sessions, so you can access care wherever you are.
- **Security:** We use the Valant EHR system to protect your medical records and privacy.
- **A Safe Space:** There are no judgments, ever—this space is solely for you.
- **In-Person Treatment:** Our Arlington, Texas location in the DFW Metroplex ensures a convenient visit for you.



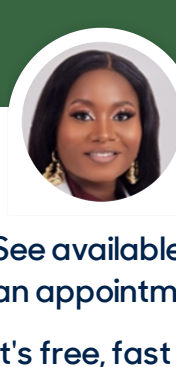
Let's Connect

We provide support, validation, and clarity for those searching for a welcoming space to connect with.

Contact us if you have questions or are ready to begin your mental health journey. We're just a phone call away.

To find out more information and resources or to consult with one of our psychiatric providers, please call us at **(972) 449-7614**.

[Book an Appointment](#)



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First Name *

Last Name

Email

Phone

Your Message

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Frequently Asked Questions

Is therapy for me?

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If you feel the need, it's for you. No issue is too small.

How long does treatment last?

▼

How do I schedule an appointment?

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How do I prepare for a Telepsychiatry appointment?

▼

Is my information kept private?

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What's the cost of each session?

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Do you accept cash payments for treatment?

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