



Welcome to Ridgewood Clinics, P.A.

Comprehensive Mental Health Care in Jackson, Mississippi

We provide compassionate psychiatric evaluations, medication management, and therapy for anxiety, depression, and more, helping individuals and families achieve balance, resilience, and lasting mental wellness through personalized treatment plans effectively.

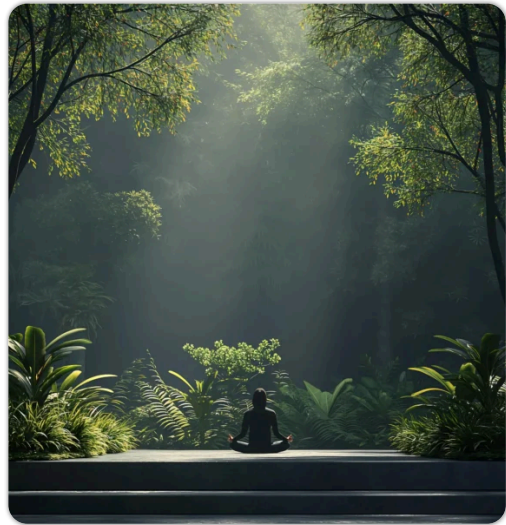
[Book Appointment](#)[Call Us: \(601\) 957-3211](#)

ABOUT US

Committed to Compassionate Mental Health Care and Community Wellness

We are dedicated to improving mental health through comprehensive psychiatric care for children, adults, and families. Our services include evaluations, therapy, medication management, and rehabilitation support for a wide range of mental health and substance use conditions. With a focus on personalized treatment, we aim to help individuals achieve emotional balance, resilience, and long-term wellness.

Our approach is built on the belief that mental wellness is a fundamental right for everyone. Through in-person and telepsychiatry services, we strive to make quality care accessible, ensuring compassionate support for individuals and communities locally and beyond.

[Read More](#)

MEET PROVIDER

Krishan K. Gupta, M.D.

Dr. Krishan Gutpa founded Ridgewood Clinics, P.A. in January 1993, In association with the Mississippi Childrens Home Society. During this Time, Dr. Gupta noticed a need for more services than an individual Provider could provide. He realized a trusted, reliable team is required To develop a treatment plan for patients with mental illness.

Dr. Gupta later established Ridgewood Clinics at its current Location in 1994, where he has continued to provide patients With psychiatric care

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What is Psychiatrist?



A psychiatrist is a medical doctor specializing in mental health, including diagnosis, treatment, and prevention of mental illnesses. They are qualified to prescribe medication, provide psychotherapy, and conduct various treatments for psychiatric disorders.

Why Mental Wellness Important?



Mental wellness is crucial for overall health and quality of life, as it affects how we think, feel, and act in our daily lives. It helps manage stress, build resilience, and maintain positive relationships.



OUR SERVICES

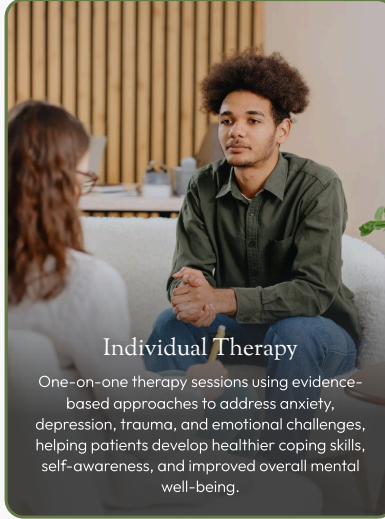
Services We Offer

Ridgewood Clinics offers a personalized treatment approach tailored to our patient's individual needs with the goal of attaining maximum personal growth and functioning.



Medication Monitoring/Management

Careful evaluation and ongoing monitoring of mental health and medication response to ensure safety, symptom improvement, accurate diagnosis, and optimal treatment outcomes through regular assessments, testing, and personalized adjustments.



Individual Therapy

One-on-one therapy sessions using evidence-based approaches to address anxiety, depression, trauma, and emotional challenges, helping patients develop healthier coping skills, self-awareness, and improved overall mental well-being.



Family Therapy

Supports families in improving communication, resolving conflicts, and strengthening relationships while addressing stress, mental illness, or substance issues to create healthier and more supportive home environments.



Couples Therapy

Focuses on improving relationship dynamics, communication, and emotional connection, helping partners resolve conflicts, understand each other better, and build stronger, healthier, and more balanced relationships together.



Alcohol/Drug Recovery

Outpatient and inpatient support for alcohol and substance recovery, helping patients manage withdrawal symptoms, reduce dependency, and achieve long-term sobriety with structured, compassionate medical care.

CONDITIONS

Conditions We Treat



Depression

Depression can affect how a person feels, thinks, and functions in daily life. We provide compassionate support to help individuals



Anger & Mood Swings

Frequent anger, irritability, or sudden mood changes can impact relationships, work, and overall well-being. Our treatment focuses on



Disruptive Behaviors

Disruptive behaviors may include defiance, aggression, impulsivity, or difficulty following rules at home, school, or work. We help individuals

manage persistent sadness, low energy, loss of interest, and emotional challenges.

emotional regulation, coping skills, and healthier responses to stress.

develop positive behavioral patterns and improve social functioning.



Mild Pervasive Development Disorders

We provide evaluation and supportive treatment for individuals with mild developmental challenges that affect communication, social interaction, and adaptive functioning, helping them reach their full potential.



Eating Disorders

Eating disorders can impact both physical and emotional health. Our team offers personalized care to address unhealthy eating habits, body image concerns, and promote a healthier relationship with food.



Attention-Deficit/Hyperactivity Disorder (ADHD)

ADHD can affect attention, organization, impulse control, and daily performance. We provide comprehensive evaluation and treatment to help individuals improve focus, productivity, and overall quality of life.

TESTIMONIALS

What Patients Said About Us



Ridgewood Clinics
★★★★★
147 Google reviews
[Write a review](#)



Adam Evans
7 months ago
★★★★★
Brandy is my absolute hero. She's not all uppity about the white coat. She's at the same level as her patients. So I'd give 10 but 5 will...
[Read more](#)



Melissa
12 months ago
★★★★★
Great place, wonderful staff and amazing Drs who actually care! Dr. Brandi has helped tremendously with my mental health & I'm forever...
[Read more](#)



Reshonda Rhodes
1 year ago
★★★★★
I have been coming here for about three years. I have been able to overcome certain issues and have become a better person. Without...
[Read more](#)

Contact Ridgewood Clinics, P.A.

First Name *

Last Name *

Email *

Phone *

Your Message

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We are here to provide compassionate, convenient, and personalized healthcare services directly to your home or residential facility. Contact us today to schedule a visit or learn more about our services.

-  (601) 957-3211
-  (601) 957-9753
-  Ridgewoodclinics1@yahoo.com
-  1059 Ridgewood Pl. Jackson, MS 39211
-  Monday - Friday 8:00 am - 4:30 pm



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