



Omaha Insomnia

AND PSYCHIATRIC SERVICES

Virginia Smith is a Board Certified Psychiatric Mental Health Nurse Practitioner. She understands that it takes courage for one to share their story with someone they do not know, particularly with regards to mental health. It is a privilege to work alongside those individuals as they walk through their journey towards mental health wellness. After graduating from the University of Louisville nursing program, Virginia participated in the Army Nurse Corp. She held a variety of positions in hospital care, insurance, education, and management. Virginia recognized unmet mental health needs. She was compelled to pursue a degree in psychiatric mental health through UNMC.

Virginia is experienced in treating bipolar disorders, schizoaffective disorders, anxiety, insomnia, major depressive disorder co-occurring issues. She works with ages 20 to 100 years old. As a practitioner, Virginia appreciates the team concept working closely with neuropsychiatry, neurology, psychological, insomnia issues, and testing. In addition, she works closely with the primary care providers and other specialists to ensure that mental health medications are compatible with medical health issues and medical medicines.

Virginia believes in developing therapeutic and authentic relationships with her patients. She seeks to listen, communicate, and understand. For Virginia, being a mental health practitioner is not just a job; it is a calling!

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