



Katherine Perkins, PMHNP-BC, PNP-BC

- Certifications: Pediatric Nurse Practitioner by the Pediatric Nursing Certification Board
- Psychiatric Mental Health Nurse Practitioner by American Nurses Association
- Education: Masters of Science in Nursing from McNeese State University



Kathy Sterling, FNP-C, PMHNP

- Certification: Family Nurse Practitioner by the American Academy of Nurse Practitioners
- Education: Masters of Science in Nursing from the University of Alabama at Birmingham

Take The First Step

Taking the first step toward a “better you” can feel daunting, but you don’t have to do it alone. Our compassionate team is here to support you every step of the way on your journey to becoming your best self - whenever you are ready.



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Location

We are conveniently located in the heart of Zachary for easy access for all our patients.

Hours

Monday – Thursday 8:00am – 4:30pm
Friday 8:00am – 12:00 Noon

Insurance

We accept most insurance plans. Please bring your insurance card and list of current medications with you to your appointment.

 **LANE HEALTH & WELLNESS**



**Lane
Health & Wellness**

4801 McHugh Rd, Suite A
Zachary, LA 70791
Phone: 225-658-4466

LaneRMC.org

 **Lane Regional
Medical Center**



At Lane Health & Wellness, our dedicated team is committed to providing high quality wellness care for patients of all ages, from children to adults.

Mental Healthcare

Mental healthcare focuses on your emotional, psychological, and social well-being. It includes treatment for conditions such as:

- Anxiety
- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Major Depressive Order
- Bipolar Disorder
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Substance Use Disorder

Services can include counseling, individual or group therapy, and medication management – all designed to help you feel better, build resilience, and improve your quality of life.

Counseling

Counseling is a professional, supportive relationship that helps individuals navigate life's challenges, foster emotional wellbeing, and promote positive changes in a judgement free environment. It can help:

- Manage stress and anxiety
- Improve relationships
- Build coping skills
- Achieve personal goals
- Heal from trauma

Medication Management

Medication management is a collaborative process between patient and provider, designed to treat mental health conditions with appropriate medications. It plays a vital role in a comprehensive treatment plan by helping to reduce symptoms, improve daily functioning, and support long-term wellness.

Group Therapy

Group therapy offers a supportive space to connect, share, and grow alongside others who truly understand what you are going through. Led by a licensed professional, these sessions provide the opportunity to share experiences, receive feedback, and gain valuable new perspectives. Whether you're facing depression, anxiety, grief, relationship challenges, or major life transitions, group therapy can be a powerful source of support and healing.

