



## Providence Healthcare Associates

Providence Psychiatric & Behavioral Health Services  
Providence Health & Wellness

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### **Helen Hayes Bio**

Helen Hayes is a Psychiatric Nurse Practitioner in Charlotte, North Carolina. She is the owner and healthcare provider at Providence Healthcare Associates, a practice in Matthews, NC where she helps patients manage their mental health and promotes health and wellness. She is also a mental health practitioner at the men and women shelter in Charlotte. Helen has worked her entire career in nursing. She received her BS degree in Nursing from The University of Tennessee in Knoxville, a Master's degree as a Family Nurse Practitioner from The University of Tennessee in Memphis, an MBA from Christian Brothers University in Memphis, and a Certificate as a Psychiatric Mental Health Nurse Practitioner from The University of North Carolina at Chapel Hill. Helen is also a retired Major from the US Army Reserves Nurse Corps. Helen is passionate about caring for others and recognizes a special calling to work in mental health and substance abuse. She is an advocate for individuals with mental illness and works in her community to enhance and normalize mental health services. Helen speaks at churches, schools, and on the radio to raise awareness and understanding of mental illness. Her mission and her goal is to teach tools we all can use to promote mental wellness and to manage mental illness.

Helen grew up in Memphis, TN. She is currently married to Steve and they live in the Charlotte area. Helen has four children, two daughters, Kailyn and Maiya, stepdaughter Melony and stepson Darius. Faith, family, and service to others are guiding principles that are most important to Helen.