



BRET REDMAN

Deepika Bhargava, M.D.

PSYCHIATRY

Dr. Deepika Bhargava, or Dr. B as she is affectionally known, is honored to be voted by her peers as one of the Best Doctors in Dallas in psychiatry. She sends out her sincerest gratitude to her colleagues, peers, and patients.

Dr. Bhargava is a Diplomate of the American Board of Psychiatry and Neurology. She is triple board certified in addiction medicine, adult psychiatry, and geriatric psychiatry. She is the medical director of Exult Healthcare, an integrated behavioral health facility with locations in McKinney and Sherman for substance abuse, mood disorders, trauma, and other comorbidities. Here, she leads a multidisciplinary team of clinicians, psychiatrists, and therapists to offer medication management and intensive outpatient services to adolescents, adults, and the elderly.

Dr. Bhargava is a visionary in mental health. She is a strong advocate for an integrated approach to mental health that is bio-psycho-socio-spiritual-nutritional based. Exult Healthcare truly reflects her vision with integrated behavioral health and has multiple modalities in conjunction with medication. The services bridge the gap between outpatient services and hospitalization. She truly believes that every crisis, anxiety attack, or erratic behavior should not result in psychiatric hospitalization.

She heads the team at Psych+ Urgent Care to meet the mental health crisis needs of the community and help the community receive the appropriate level of mental health services. She also led and helped pioneer the Vivitrol program in Collin County to combat opioid addiction.

Dr. Bhargava is a passionate believer that mental and physical health go hand in hand to create balance in life. Through dedication, compassion, and honest care, she provides a unique therapeutic environment that includes individual, couples, and family therapy, as well as an intensive outpatient program, TMS (transcranial magnetic stimulation), mindfulness, nutritional psychiatry, and counselling. She strives to exceed the standard in mental healthcare through her integrated approach.

EDUCATION

M.D., Armed Forces Medical College
Residency, Wright State University
Fellowship, UT Southwestern Medical Center

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