



SafeStar  
Psychiatric

Serving Patients in Texas and Arizona

## Caring Mental Health Services That Make a Difference

Find healing with SafeStar Psychiatric. Our board-certified nurse practitioner offers compassionate treatment for various mental health conditions.

[Schedule an Appointment](#)



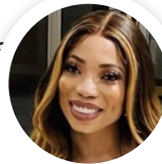
### About Us

## Meet Our Provider

Dr. Lilian Davidson is a Board-Certified Nurse Practitioner with a background in acute psychiatry. With experience in both outpatient and inpatient settings, she specializes in diagnosing, treating, and prescribing for children, adolescents, and adults.

Dr. Davidson focuses on treating conditions such as depression, anxiety, ADHD, bipolar disorder, schizophrenia, OCD, PTSD, psychotic disorders, and more.

Within her practice, she combines traditional approaches with advanced medication management with integrative medicine, including vitamins, supplements, mindfulness, and lifestyle management, exercise, etc.



Now offering video visits!



See available times and book an appointment right here.

It's free, fast and secure.

[More About Us](#)

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Treatments

**Care We Provide**



## **Psychotherapy**

We provide therapy sessions to help patients explore their emotions, thoughts, and behaviors in a secure environment.



## **Medication Management**

We work with each patient to develop an effective medication regimen custom to their condition and requirements.

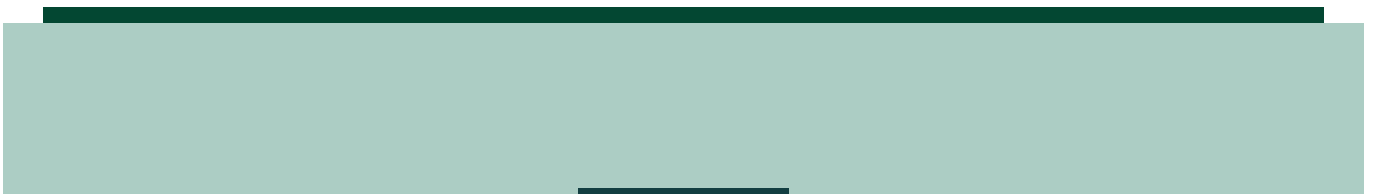


## **Integrated Psychiatric Approaches**

We include holistic methods to provide overall wellness and improve the effects of treatments. This approach focuses on rebalancing mental, emotional, spiritual, and social wellness.

### Our Services

## **Services We Offer**



learn more

and manage energy levels for a balanced life.  
We provide personalized strategies to help you focus better.

## ADHD

learn more

you move forward peacefully from past trauma.  
We support you towards healing by offering resources to help

## PTSD

learn more

calmer and more centered.  
Our services help you manage worry and fear so you can feel

## ANXIETY

learn more

feel better and regain enjoyment in life.  
We provide caring support and efficient treatments to help you

## DEPRESSION

learn more

you overcome addiction and regain control of your life.  
We provide caring, evidence-based support and strategies to help

## Substance Abuse

learn more

and more.  
We help you control mood swings and learn to manage them

## Bipolar Disorder

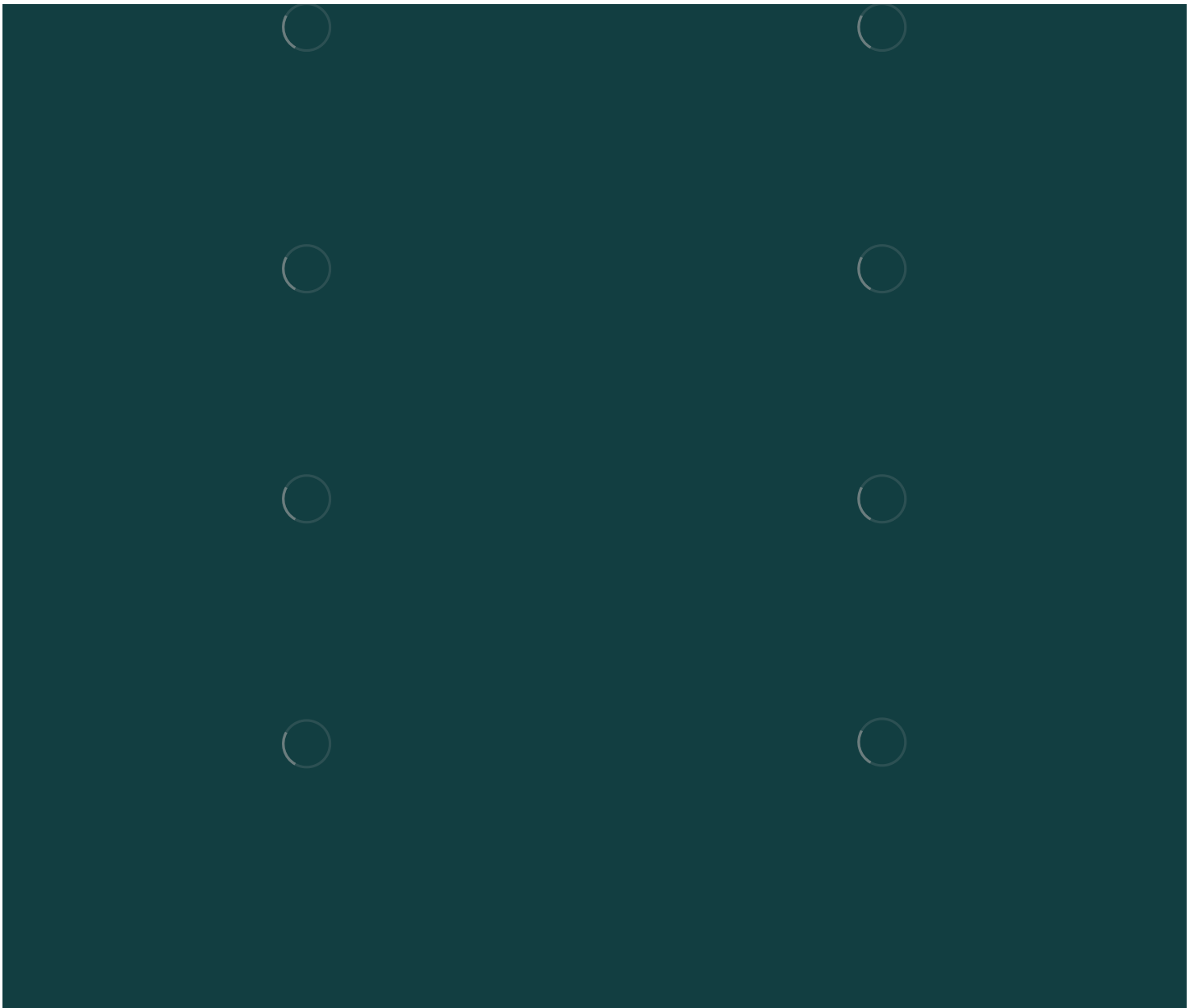
[View More Services](#)

### Insurances

## Insurances Accepted

We accept most insurance providers. If you have specific questions regarding your coverage, please contact us for additional information.





Testimonials

**What People Say About Us**





**J. K.**

Since starting therapy sessions at SafeStar Psychiatric, I've really noticed a change in my confidence and how I communicate with others - I'm thankful for the support provided by Dr Lilian Davidson.

**O. W.**

Finding a psychiatrist who genuinely gets me felt impossible to me until I met Dr Lilian, her care for my anxiety has changed my life in more ways than I can count.

**J. M.**

I had been struggling with depression since a while but speaking to Dr. Lilian has helped me feel better. She really does listen to you and help.

**S. L.**

Can't express how much better I feel ever since I reached out to Dr Lillian at Safetstar, she's helped ease my depression. Recommend her services to anyone needing support.



**Seeking Help for Diagnosis and Right Medication  
for Mental Health Condition?**

[Contact Us](#)

**Let Us Help You Find Peace Of Mind Today.**

Call us at (469) 962-3393 or schedule an appointment online.

**FAQS**

Do you accept insurance?



Yes, we currently accept Cigna and Medicare. We are actively working to expand our list of accepted insurances.

Where are you located?



Which states do you currently serve?



What should I bring to my appointment?



## Appointment

### Get In Touch

First Name \*

Last Name \*

Email \*

Phone \*

Your Message \*

Your Message

Get In Touch

Blog

## Learn To More About Us

Not found any posts in this category.




Dr. Lilian Davidson is a Board-Certified Nurse Practitioner with a background in acute psychiatry.




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## Contact

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