Shannon Proctor

Shannon is a nurse practitioner of all ages and has worked in primary health since graduating from Athabasca University's Masters of Nursing Nurse Practitioner program in 2018. Early in her career she developed a passion for mental health and subsequently undertook numerous courses to expand her knowledge of managing mental illness in primary health care. Her practice has evolved and now has a significant proportion of patients seeking treatment for mental illness. Though she sees various illness across the lifespan, her focus has been mental health in the adolescent population treating ADHD, anxiety, and depression in children and adolescents.

She is currently pursuing a Certificate in Mental Health for Nurse Practitioners through the University of Toronto.