



American Board of Clinical Social Work



Tessa Fletcher, MSN, APRN, PMHNP-BC, FNP-C

Tessa Fletcher, MSN, APRN, PMHNP-BC, FNP-C, is a dual-certified nurse practitioner in family and psychiatric mental health with over 20 years of nursing experience. Known for her engaging and compassionate approach, she brings a wealth of clinical, academic, and public health expertise to her presentations. Her professional journey includes frontline service with the U.S. Public Health Service, where she has led and supported critical missions in emergency response, migrant health, and refugee resettlement.

Tessa is a passionate educator and mental health advocate, currently serving as a clinical instructor for BSN students and a practicing psychiatric provider. Her work focuses on expanding access to equitable, trauma-informed care, particularly among underserved, rural, and LGBTQ+ communities. She is a sought-after speaker on topics such as digital mental health, burnout prevention, trauma-informed practices, and health equity.

Whether presenting to healthcare professionals, students, or the public, Tessa creates inclusive and informative spaces that inspire reflection, dialogue, and actionable change. Her sessions blend evidence-based insight with

practical strategies, empowering audiences to advance mental wellness in both clinical and community settings.

Tessa Fletcher is a nurse practitioner, educator, and entrepreneur with over two decades of experience across mental health, primary care, and public health. She is the founder of **Pro-Cogno**, a telehealth mental health practice providing accessible, trauma-informed, and culturally competent care to individuals and communities who are often overlooked in traditional healthcare systems.

A commissioned officer in the U.S. Public Health Service, Tessa has supported major national response efforts, including COVID-19 relief, refugee health coordination, and care for migrant populations. She also serves as a clinical instructor for undergraduate nursing students, focusing on critical thinking, compassionate care, and health equity.

Tessa is deeply committed to innovation in mental health, particularly at the intersection of technology and care delivery. Her work through Pro-Cogno reflects her mission to expand mental health access and empower clients through personalized, evidence-based interventions.