



Tracy Ann Passley
PMHNP

About Tracy Ann Passley.

Tracy Ann is a licensed Psychiatric Mental Health Nurse Practitioner (PMHNP) who recently relocated to Southern Pines, NC, with her husband and daughter. Originally from Jamaica, she brings a wealth of experience from her years as an ICU nurse in Miami, where she developed a deep passion for supporting patients through critical care and mental health challenges. With a strong foundation in both acute and mental health care, Tracy is dedicated to providing compassionate, patient-centered care. Tracy Ann is a Nurse Practitioner licensed by the North Carolina Board of Nursing and the Florida Board of Nursing. She earned her Bachelor of Science in Nursing (BSN) from the University of the West Indies in Jamaica and pursued advanced practice education in mental health nursing at Maryville University in Missouri.

She works collaboratively with patients to develop individualized treatment plans that may include therapy, medication management, and coping strategies, all while offering a non-judgmental and safe space for patients to be heard.

She believes in holistic care that focuses on treating the whole person—mind, body, and spirit. Her approach is rooted in empathy, respect, and evidence-based practices. She is here to walk with you through every step of the healing process, supporting you as you build resilience and a brighter future.

Outside of her professional life, she enjoys spending time with friends and family, often "liming" (socializing) and creating lasting memories. An avid fisherwoman, she also enjoys quiet moments by the water with her husband. Tracy is excited to be a part of the Southern Pines community and is committed to helping her patients lead healthier, more fulfilling lives.