



**Jaime Sale**  
PMHNP

## About Jaime Sale.

Jaime Sale earned her undergraduate degree in Nursing Science with a minor in Military Science from the University of Texas at Arlington. She continued her education at Frontier Nursing University, where she obtained a Master's degree in Advanced Practice Nursing, specializing in Behavioral Health Nursing.

While serving as a registered nurse in the military and working in various maternal health roles, Jaime recognized the significant need for increased access to mental health care. This realization led her to pursue advanced studies in behavioral health, becoming a Psychiatric Mental Health Nurse Practitioner. During graduate school, her focus was on providing care to underserved populations.

Jaime enjoys working with patients of all ages but has a special passion for helping children, adolescents, and women with mental health disorders. She is also dedicated to assisting individuals on their recovery journeys from substance use disorders, guiding them toward a healthier approach to life. With a background in the military, including six years of active-duty service, Jaime has a strong connection to veterans and military families. She understands the stress this lifestyle places on individuals and their families and is committed to helping them navigate these challenges.

Jaime resides in Whispering Pines, NC, with her family, which includes her three young children, two dogs, and a cat. In her free time, she enjoys running, HIIT workouts, reading, and spending time at the beach and lake with her family. She also loves watching her son play baseball.