

Leading Mental Health Clinics in Glasgow and Ayr Go Independent

Monday 13 October, 2025

After nearly 10 years, a group of leading mental health clinics in Glasgow and Ayr have dropped their franchise status and taken a new leap into independent ownership. The Dawn Practice officially opened its doors in Glasgow City, Bearsden, Newton Mearns, and Ayr on October 1, 2025.

Dr Michelle Muniz and her husband, Tomas Garcia, alongside their multidisciplinary team of clinicians and support staff have been providing leading mental health support in Glasgow and The West of Scotland over the past 10 years.

The clinics have been long time partners with NHS authorities in the communities they serve, directly addressing mental health care waiting times and providing first in class mental health care and assessments.

This transition to an independent model will allow them to provide the same high-quality care, but with a more personalised and progressive approach tailored to the needs of the local communities.

In response to those considering mental health care, Michelle Muniz said, "You'll rarely regret seeking support, it can be profoundly life-changing, helping you shift your focus forward, instead of feeling stuck or weighed down by the past."

Earlier this year (May 2025), the Royal College of Psychiatrists in Scotland called for stronger neurodiversity services in Scotland, reflecting the rising prevalence of Autism and ADHD. The Dawn Practice directly responds to this need.

The clinics bring together a multidisciplinary team of nearly 50 psychologists, psychiatrists, and speech and language therapists, offering tailored mental health and neuroaffirmative care. All clinicians are fully registered, highly experienced, and committed to delivering trusted, evidence-based therapies.

Neuroaffirmative care: Assessment, diagnosis, and support for Autism, ADHD, and other neurodiverse needs.

Mental health treatment: Treatment for conditions like anxiety, depression, phobias, and PTSD.

Comprehensive support: Integrated team of psychologists, psychiatrists, and speech and language therapists.

Personalised approach: Evidence-based therapies tailored to individual and family needs and goals.

Trusted expertise: Over 15 years' experience supporting communities across Glasgow and Ayr.

The Dawn Practice is committed to delivering leading mental health care and neurodivergent support to the people of Glasgow and The West of Scotland.

Related Sectors:

Health ::

Related Keywords:

Autism :: ADHD :: Mental Health :: Glasgow :: Clinics ::

Scan Me:



Company Contact:

—

The Dawn Practice

E. info@dawnpractice.co.uk

W. <https://dawnpractice.co.uk/>

View Online

Newsroom: Visit our Newsroom for all the latest stories:

<https://www.thedawnpractice.pressat.co.uk>