



Shanila Shagufta, M.D.

Psychiatrist

Ages Seen: 16-80

"To approach life with a cosmic imagination, curiosity and creativity of a child – a lightness that turns industry into play."

- Dr. Shanila Shagufta -



Insurance Carriers

Most Major Insurance Carriers accepted Including:

- Blue Cross Blue Shield
- United Healthcare
- Aetna
- Cigna
- Medicare

Why Choose Salience Health

We specialize in providing compassionate treatment for depression to patients who haven't found relief through traditional therapies. Our **Integrated Care Model** encourages collaboration among providers, both within our team and externally, ensuring that you receive the best possible care.

Our dedicated **Care Team** consists of psychiatrists, primary care physicians, advanced practice providers, licensed therapists, medical assistants, and care navigators. Together, they support you with patient education, thorough assessment, and personalized treatment options tailored to your unique needs.

Our goal is to guide you toward optimal health and help reconnect you to life. At Salience Health, we relentlessly pursue remission and recovery together, **one patient at a time.**

Contact Us

📍 1050 Central Expy, S. Ste. 1200 Allen, TX 75013

✉ P. 972-954-5728 F. 833-972-3433

🌐 SalienceHealth.com



Learn more about Shanila Shagufta, M.D.