Deborah Seymour

MSN AGACNP-BC APRN CCRN

Nurse Practitioner, Founder | **Britannia Health**



Deborah Seymour, MSN AGACNP-BC APRN CCRN is the owner and founder of Britannia Health, an independent primary care practice in Torrington, Connecticut. She began her medical career in London, England, where she graduated from the Royal Free School of Nursing in 1993. She is a board-certified acute adult gerontology specialist with over 30 years' experience in caring for the older adult. She founded Britannia Health LLC in September 2025, offering high-quality, compassionate care to all patients.

Many individuals in Torrington are underserved, have limited resources, or rely on Medicaid. Too often, they encounter barriers to care because of their insurance status, personal circumstances, or past challenges. Whether a patient is experiencing homelessness, navigating substance use or alcohol-related challenges, managing chronic illness, or whether they are a CEO leading a company, they are welcome at Britannia Health. A person's status in life should never determine the quality of care they receive.

Deborah's great passion is menopause management and obesity medicine, where she is able to make a big difference in the quality of life of many people struggling with hormone deficiencies. She enjoys healthcare because it combines science, problem-solving, and compassion in a way that can truly impact a person's day-to-day life.

What is one lesson you had to learn the hard way that you now consider a gift?

One of the most important lessons I have learned is to rely on myself. There have been times when I was disappointed or let down by others, particularly when an important task needed to be completed accurately and on time. Those experiences taught me to take ownership, plan carefully, and follow through.

Today, I am grateful for that lesson. I know that when something truly matters, I will do what is necessary to ensure that the goal is met. It has made me more accountable, dependable, and prepared- and those qualities are essential in both healthcare and leadership.

How do you support or mentor other women, and what impact has that had on you personally?

I enjoy supporting and mentoring women who demonstrate integrity, compassion, kindness, and a commitment to doing the right thing. When I mentor someone, I try to reinforce the importance of carrying those values into every professional interaction. Technical knowledge and experience are important, but integrity and compassion are what build lasting trust.

Patients recognize when a clinician truly cares, listens, and follows through. Those qualities create the kind of trust that cannot be manufactured. Mentoring others has also reinforced these values in my own life. It is rewarding to help someone develop confidence, recognize their strengths, and build a career that is grounded in purpose.

What exciting things are on the horizon for you and your organization?

The most exciting development is the growth of Britannia Health. Over the past 12 months, I have quadrupled my patient panel, and I hope to continue that momentum in the year ahead. I am excited to keep building a practice and a brand that are synonymous with integrity, quality, accessibility, and compassionate care.

We have established a meaningful presence in the community, and I am committed to building on that foundation. My vision is for Britannia Health to be recognized as one of the most welcoming, dependable, and patient-centered practices in Torrington.

What does the word power mean to you?

It is the ability to stand strong in the face of adversity without bending or breaking. It means carrying responsibility, stress, and demands without becoming overwhelmed- and continuing forward even when the path is difficult. If you can move through challenges and come out on the other side wiser, more grounded, and more resilient, then you have real power.

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