

☀️ Reasons for consulting a psychiatrist ☀️

☘️ Having a Non judgemental space to share

Sometimes , we are stuck in life thinking about what to do and what is right....making decisions can become difficult.

Does this sound familiar?

So consulting a psychiatrist could be for as simple as , figuring out life, navigating through emotions, or could be for some complex issues like separation, moving, breakups, losses and much more.

Individuals may sometimes feel that sharing their problems is not worth it or they will be judged because of their conditions.

It is important to understand that ups and downs are a part of this journey called “LIFE” and everyone goes through them, and during this journey you may feel lost, anxious or depressed and that is okay. But know that you are not alone in this journey and when you feel that it is too overwhelming just know that help is available and you are strong enough to face it all.

Coming out of the situation can be challenging but not impossible.

Whenever something is bothering you , its always the right choice to share it with your loved ones, and let it out so that it does not eat you up from inside.

And sometimes you get relieved by the same.

But many a times, due to fear of judgements from our loved ones or worrying about “

What they would think” or due to the fear that they will worry unnecessarily , we tend not to share or share it partly which might worsen the situation.

During this time having a NON JUDGEMENTAL SAFE SPACE , where in you can speak freely, without fear of judgement would be very healing for your soul.

☘️ Talking to QUALIFIED EXPERTS makes all the difference.

Understanding human brain is difficult, only a person who is trained and QUALIFIED in the field of mental health, who understands human psyche, would be better able to understand you and guide you in the right direction to help you provide with solutions to your problems, either therapy, medicines , etc

These persons would be psychiatrists, who is a doctor, MBBS and then does a 3 years rigorous and intensive training of human brain to get the Masters Degree in Psychiatry. Others are psychologist and psychiatric social workers, who work closely in the field.

You will find many advertisements saying , “get rid of your anxiety in one week”. “Train your brain in a day” , etc , and before enrolling in such courses make sure to check their qualifications so that you are not misguided.

☘️ Self Improvement

An extreme state of stress makes it difficult to focus on the important things in life. The quality of life is affected. The psychiatrist will guide you through the treatment options either medicinal or therapy sessions. Psychiatrist will curate a treatment plan which best suites your needs and helps you uplift your confidence and self esteem and empower you to make your own decisions.

for you that improves your self-image and self-confidence.

So do not hesitate to see a psychiatrist. Timely medical intervention will help you in your journey towards improving your mental health and live life to your full potential.