Абрамкина Анна

2-й курс, МКК-1

**Can a psychiatrist (or psychoanalyst or psychotherapist) help someone with their problems?**

First of all, let us think who a psychologist is. It is a person who can help you to resolve psychological problems and give you some advice so that you feel better. However, their help has to be paid for. Should we spend money on these specialists? Can they actually help us with our mental health? Let us consider these questions.

In my opinion, if you have a problem with psychological health, you need to see a specialist because there are many serious issues with our mind that only mental health professional can solve.

Today people suffer from psychological disorders more often than twenty years ago. It can depend on society, a place where you live, economic and political problems, relationships and so on. For example, in big cities people feel depression more often. Men and women feel lonely and unhappy. These people cannot solve their issues themselves and they do not have close friends so they need professional help. If someone does not do anything about their difficulties, it might happen that this person can feel depression that leads to serious and even tragic consequences, and some people go as far as committing a suicide.

I know many real-life examples. I would like to tell you about one of them. There was a man who lost his job. He did not have close friends or family to whom he could tell about his problems. This man was in serious need of money so he felt awful. He did not see any way out of this situation and felt terrible pain. One day he decided to see a psychologist. The doctor listened to the poor man and gave him some useful advice. Three month later, he felt better and found a new job.

In conclusion, I would like to say that people should not use self-treatment when it comes to our psychological health. Mental health professionals can be competent and make your life better.

**322w.**