**Can a psychiatrist help someone with their problems?**

*Essay by Abramova Naina*

 There are a lot of myths about seeing a psychiatrist and a lot of misinformation about what they actually do. They’re mental health professionals helping people manage how they feel and what's going on in their head. They work at a range of places like hospitals, medical clinics, community health centers. Stressing out, feeling down, getting depressed or anxious - here are the common experiences for people. Rather than ignoring these conditions they are encouraged to seek help.

 It is important to note that statistics say that every year more than 800,000 people die from suicide. Only 38% of people with mental disorders receive help. The numbers have been much less if these people had known the real side of psychiatric treatment.

 There can be a whole range of issues. For example, some people can’t do the usual things, find it difficult to get out of bed. They can have sleeping disorders, speech problems. There is a general opinion that starting a therapy, you have to do it forever, but thats not true. The approaches psychiatrists provide us with are individual. Сonsequently, some people come to the doctor just for one session, others can recover from more severe problems by spending a lot of time on them. It’s important to note that if they start the right therapy early on, then the degree of the illness can be far less.

 The supporter of this idea is a well known actress Amanda Seyfried. She says:

«I had pretty bad health anxiety that came from the OCD. I had no idea that I had it until I went into treatment with a psychiatrist. As I get older, the compulsive thoughts and fears have diminished a lot. It should be taken as seriously as anything else. If you can treat it, you treat it.»