It is common knowledge that these days people need to take care of their mental health. The amount of stress, tension and pressure we receive on our day-to-day basis affects our health and may sometimes have a very serious aftermath. That is why a lot of people tend to mend this problem by the help of psychologists. But is this solution actually helpful? My opinion is that seeing a therapist could be quite useful but it definitely depends on a person.

Speaking about the first opinion on this topic, I can say that these people are concerned about their mental health and that is why they decide to leave things to professionals, no matter how much they have to pay for it. They are sure that there is nothing to be ashamed of and the top goal for them is to feel on top of the world.

Although there are plenty of people who believe that specialists can help a person to stabilize his/her mental health, there are opponents of this idea who cannot see any point in paying a stranger for just listening to their headaches. Firstly, they believe that therapists are not affordable for average people. For reference, seeing a well-educated therapist in Moscow may cost from 3500 to 5500 rubles per hour. Secondly, it is worth mentioning that comparing Russian society and mentality to the European it is clear that Russian people would rather speak about their problems and heartaches with their friends than go to a shrink for a useless piece of advice and pay for it after that. They find it embarrassing.

So, I would like to say that nowadays it is absolutely normal to see a therapist and it helps many people to overcome their issues. Although it is quite a challenge to find a good and proficient phycologist, who will help you, I think it is worth trying. No friends will be able to help you just by listening to you, sometimes you need a professional to understand what to do in a particular situation.