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

***Essay by Shashkina Elena***

There are a lot of myths and stereotypes about psychiatrists and their work. Some people try to accuse them of being liars who just want to drain desperate patients’ purses. To my mind, it’s total misconception. A real psychiatrist (if we don’t talk about quacks) has the same degree of professionalism as a surgeon does, for example.

The fact that to become a psychiatrist a person has to spend 5-6 years training should not let us think that doctors working not with the physical side of human health are less important. People who feel down, unstable, depressed or anxious may be at risk from stress related diseases or problems even more serious. A large number of the depressed die from suicide every year. It happens because not all people get right psychiatric and psychological treatment in time or don’t get it at all. That is why these very professionals should be respected and recognized - they can also save the lives.

If we talk about not so serious cases, a psychiatrist can help you with ordinary daily problems at work. Instead of taking it out with the members of your family and [getting](https://www.multitran.ru/c/m.exe?t=7453800_1_2) on the wrong side of issue you can eliminate all the negative emotions and get relieved while seeing a specialist.

No doubt spiritual development is important for our general well-being. You can’t feel on top of the world if something makes you feel worried or stressed. It’s really beneficial for our health to take care of it in every way, not only considering the physical aspects. A great psychiatrist of our time, Vikram Patel says “There is no heath without mental health”. So people should not ignore their spiritual state and seek medical help if necessary.