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

In today's life we thrive on performance, competition and perfection, which can be the cause of stress. It is only in proverbs that life hardships make us stronger. In real life they always have consequences. Stress can have undesirable influence on our health, because it leads to serious diseases. There is an opinion that the vast majority of diseases are psychosomatic, it means that people have problems with their health because of psychological conditions. That is why it is essential to maintain the health in a good condition and have an opportunity to relax sometimes. However, there are moments when stress is unavoidable. There are plenty of reasons for it. It is not only overworking or having no time for rest. Stress factors also include difficulties at home, dangerous situations ,divorce, loss of close friends. For example when a close person passes away there is a high risk to get into depression. Can a person cope with the stress himself/herself or is it better to consult a psychiatrist ?

I see the real point of consulting with a psychiatrist when a person understands his disability to cope with the pressure. Mental stress can lead to serious problems and it is essential to start the treatment in time,because when noticed in early stages it can be fixed easier. Certainly, not all of us are aware of how to control stress, especially while having times of difficulties. I think a specialist can find the roots of a problem which we have never thought about. The childhood traumas, the lack of communication,old grudges-all of these can influence on us badly. A psychiatrist can find the approach and explain to the patient things which can help to take a fresh look at life and go ahead. Moreover, if a person has serious problems with the health ,like obsessions, phobias, panic attacks, only a psychologist can provide the best treatment which will go further than simply alleviating symptoms.

In conclusion I want to point out that a psychologist can help a person to cope with stress effectively, he/she can suggest some stress-relieving activities and explain that stress-control must be a part of our life. We should take care of ourselves. If we see that our emotional world is not balanced enough it is a psychologist who can help to overcome the problem at an early stage.