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

The number of people who have any psychosomatic illnesses is increasing in today’s world. Many of them prefer not to consult a psychiatrist even realizing they are seriously unbalanced. They ask why pay money to a psychiatrist when you can stay at home and talk to the ceiling for free. I strongly believe it is a huge mistake because such negligence to your mental health can lead to serious consequences, including suicide attempts.

First of all, we need to understand that a psychiatrist is not a person with whom you should discuss your spiritual development or relationship problems. He/she is a specialist in treating mental disorders, such as phobias, neuroses, substance abuse etc., which means that he/she will prescribe you a medicine that is most likely to address the diagnosed condition, obviously after a careful examination. Secondly, the process of total recovery is complex and takes a lot of time. It is impossible to be out and about again in a few days after a psychosomatic disease. So, if you have real mental health problems you must see a doctor.

However, there are some problems with psychiatry that prevent many people from believing it could really help them get better. In psychiatry, doctors do not look at the actual part of the body that they are treating: the brain.  They hand out a survey and conduct an in-person interview. It may help make a correct diagnosis but cannot guarantee targeting the root causes of the disease. Beyond that, many psychiatrists fail to realize the danger of many drugs they commonly prescribe. Also, these drugs often cannot provide patients with a long-term effect.

Despite all these facts, do not be afraid of consulting a psychiatrist when you feel you need some help, otherwise there is a danger your illness could turn into a chronic mental disorder. If you do not have any mental health problems, I would recommend that you follow a healthy lifestyle, do workouts, and avoid stress. As a result, you will always feel on top of the world.