



QUICK GUIDE

ON VARIOUS OPTIONS FOR SOMEONE SEEKING TREATMENT

Whether you are struggling from burnout, anxiety, depression, relationship issues, PTSD or other form of mental health, there are various treatment options available. What is more important is to know what option to go for:

- First thing you want to do is identify the symptoms you are experiencing in order to determine whether it is advisable to seek help.
- If you are not sure, then the best thing to do is to contact your GP for his/her clinical impression.
- Depending on your GP's feedback, you may or may not be recommended to speak to a psychologist or psychiatrist for further evaluation and possible diagnosis.
- Depending on the assessment and diagnosis, the psychiatrist may prescribe medication.



- Having regular weekly sessions with a psychologist would be crucial.
- Length of treatment time would be dependent on various factors. Some people may not require medication and only psychotherapy, whereas others may be recommended to do both.
- Medication without psychological intervention is rarely effective in the long-term.
- There are various forms of psychotherapy so it is important to know which psychotherapy model is the most indicated one for you.
- Cognitive behavioural therapy (CBT) is the most evidence-based therapy approach, which is proven to be effective in the treatment and long-term management of many mental health conditions.
- The more intensive the sessions of CBT are, the less time it takes for people to show signs of recovery.
- Mindfulness practices such as breathwork, yoga, tai chi, meditation have shown to improve the quality of lives of those practicing them.
- Spa treatments are known to help reduce stress levels and enhance ones general well-being.
- Sports or regular exercise helps to destress and improves ones mood and sense of accomplishment.
- Regular holiday breaks, or regular exposure to nature (outside of the hustle and bustle of city life) are known to reduce risks of breakdowns.
- Combining CBT with mindfulness practices have shown great results for the treatment and recovery of various stress related problems and mental health condtions.



- Combining Intensive CBT with mindfulness, along with other forms of exercises, spa treatments and sound nutrition within an environment conducive to ones healing and recovery, only enhances ones progress two fold.