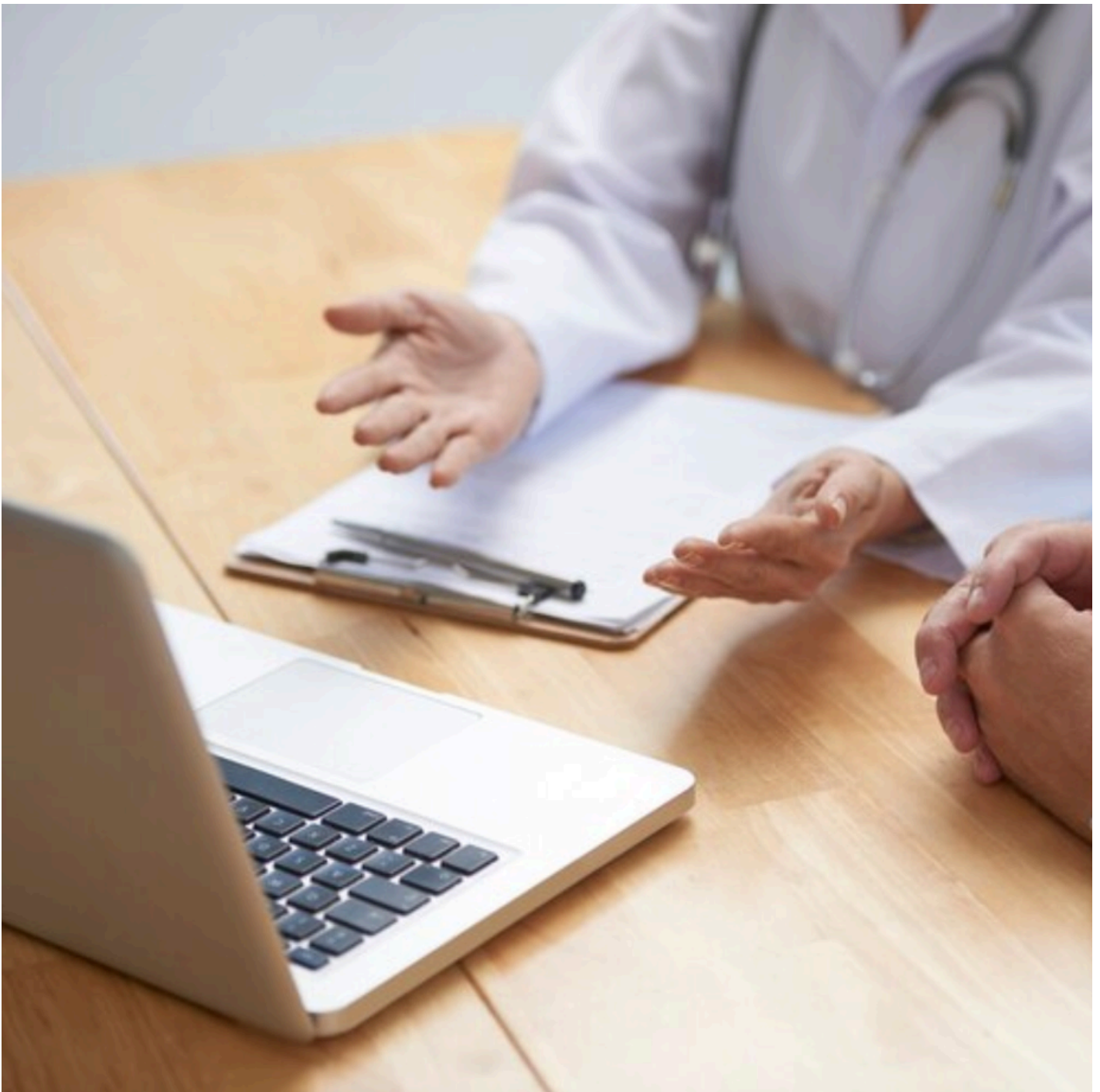




Expert Psychiatrist in Mohali: Mental Health Care Services

Is your mind getting out of control? Or are you feeling a little different right now? If yes, then there are few chances that you are suffering from a mental illness. Look, our brain is the mastermind of our body, everything we say, do or think is operated by our brain. It makes us feel happy, angry, sad or even sometimes puts us in depression also. That's why it is very crucial to understand what a psychiatrist actually is, what they do and when you should consider seeing one.



Who Exactly Is a Psychiatrist?

In simpler terms, psychiatrists are the doctors of your mind. They are medical professionals who specialize in diagnosing and treating people with mental illness. They have a very deep understanding of mental and physical health, and how they affect each other.

A Psychiatrist treats a wide range of conditions, including:

- depression
- bipolar disorder

- eating disorders
- insomnia and sleeping problems
- hallucinations
- violent outbursts
- self-harm or suicidal thoughts
- post-traumatic stress disorder (PTSD)
- schizophrenia
- thoughts of hurting others
- obsessional thoughts
- negative thinking
- hyperactivity
- delusional thinking
- memory problems
- attention deficit hyperactivity disorder (ADHD)

You don't need to have a diagnosable condition to benefit from seeing a psychiatrist.

Sometimes life is just overwhelming, and having the best [Psychiatrist in Mohali](#) by your side makes all the difference.

Best Psychiatrist in Mohali – Dr Pragya Sharma

For all the people living in the tri-city area, let me tell you about Dr Pragya Sharma. She has over 10 years of experience and has been renowned as the best [Psychiatrist in Mohali](#).

For the last decade, she has been helping patients of all age groups to live their lives to the fullest. Her kind gesture and bedside manner truly sets her apart from others. She doesn't directly throw pills at problems and calls it a day. Instead, she takes time to really understand the problems. Talking to her feels like having a conversation with a good friend (who truly wants the best for you).

Dr Sharma tries her best to make their patients feel that they are in a judgement-free zone, and they can spill everything out of their minds. She always tries to learn more and get updated on the latest treatment trends, making sure her patients get the best care possible. So, if you're in Mohali and want to have a chat with an expert psychiatrist or want an all-round [Clinic in Mohali](#), schedule an appointment at Hale Clinics.

Conclusion

So, don't take your BRAIN lightly. Whether you are suffering from anxiety, depression or any other mental health problem, schedule an appointment at Hale Clinics. It's time to let Hale Clinics' team of mind professionals overhaul your entire psyche support system from the inside out. After all, you truly deserve to feel yourself.