

Knowing When to See Psychiatrists in Louisville KY

Introduction

Knowing when to see a psychiatrist is key to containing any mental health concern you might have. The question that most people grapple with, however, is determining the most opportune moment to do so. If you notice that your life problems are interfering with how you feel or your work or school, seeking professional help might be the best thing to tame the wave of mental health issues.

There is no shame in having a mental health problem. Findings from a 2012 National Survey on Drug Use and Health study estimate that 20% of the people in the US (some 44 million) will suffer from one diagnosable mental health problem or another. And when you do decide to seek help, you will be glad to learn that there is no shortage of professional psychiatrists in Louisville KY. In some cases, a top [therapist Louisville KY](#) professional is all you need. In this article, we tell you five of the most subtle signs that your mental health case requires professional intervention.

5 Signs you need to consult with a mental health professional

Knowing the signs of a mental health case that needs professional attention is critical to preventing it from becoming a full-blown crisis. When you notice the following symptoms, take it as a warning that you need to consult a therapist Louisville KY residents trust.

1. You are no longer in charge of your thoughts, behaviors, or emotions.

If these start affecting your work, relationships, or sense of wellbeing, you should waste no time in seeking professional help. It is completely okay to feel depressed or upset, and there is nothing to be ashamed of.

2. You struggle to deal with the painful challenges of life.

These challenges could be the loss of someone you loved, a job, divorce problems, or a major illness. It could be that these painful issues you have failed to deal with are your own. However, those affecting someone you love can also trigger a mental health problem.

3. Drug or alcohol use affects your health.

Taking one or two bottles of your favorite frothy beverage is okay. However, when your dependence on alcohol and/or substances starts affecting your life, it is clear that you require professional help. You should be careful not to let your substance and alcohol abuse interfere with your ability to tackle your daily responsibilities, your job, or your family obligations.

4. You are confused or fraught.

This is a tell-tale sign that you need an unbiased and caring person to give you their perspective to help you navigate through difficult choices.

5. You feel there is no reason to live anymore

Feelings of hopelessness and that you have reached the end are a sure sign your mental health problem has reached a fever pitch. When you feel that dying is better than going through your present pain, please pick up that phone and call a therapist in Louisville KY. You cannot make life-or-death decisions when you are going through such distress. Ask for

help! You will be happy you did.

Making an Appointment

After determining that you could use the services of an experienced therapist Louisville KY folks trust, the next step is to book an appointment. The best place you want to start is with your general physician. These people usually have a list of reputable [psychiatrists in Louisville Ky](#) and can refer you at a moment's notice. While you will ordinarily have to book to see a psychiatrist, you are free to request to see a mental health expert right away if things are pretty bad.

Psychiatrists will keep everything you discuss with them between the two of you. The only exception is when they think you are at risk of harming yourself or others. Also, they could be compelled by a court order to share the details of your condition. Otherwise, you can trust that everything you share with your psychiatrist will be treated with the utmost confidentiality.

It's always recommended to discuss what's private and what's not with your psychiatrist. This way, you can feel comfortable opening up to the therapist Louisville KY professional.

Inside a Psychiatrist's Office

Usually, the psychiatrist of your choice will begin the session by explaining your confidentiality rights to you. After that, they will complete a thorough personal assessment. To do this, they will ask you questions about what goes on in your life, and also your medical history.

By gathering this information, they'll be able to come up with a plan for you that may involve therapy sessions, medication, or both. Medication is usually most effective when combined with psychological therapy. You have the right to refuse to begin to take medication. You are the only one entitled to

make that decision. If you are under 18 years, then the input of your parents might be sought. It is okay if you want to get a second opinion from another psychiatrist. Also, you have a right to know how the medications you will be put on will work or the potential side effects they might have, and so you can discuss this with your mental health professional before you start taking them.

How much does it cost?

If you choose to have your mental health problem treated at a public hospital, then you should not expect to pay them anything. However, expect to pay per visit if you approach a private psychiatrist. Ask upfront what the treatment will cost, as well as what you can be reimbursed from Medicare. Bulk billing mental health professionals are also found in private practice, meaning you only need to carry your Medicare card, and the payment will be sorted.

Conclusion

Psychiatrists in Louisville KY are specialists in treating complex mental health problems. If you experience anxiety, severe depression, psychosis, bipolar disorder, obsessive-compulsive disorder, and eating disorders, you are a prime candidate to see a psychiatrist.

Your mental health problem notwithstanding, it is vital to find a mental health professional you can trust and are comfortable working with. It might take time to find a psychiatrist that is a good fit for you. However, it is worth the time and effort.