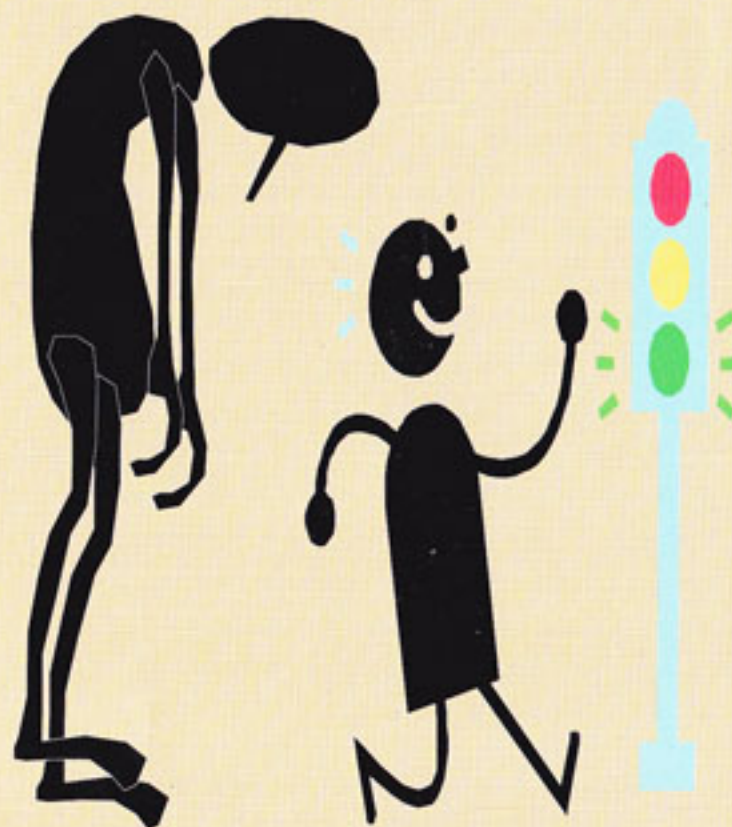




Dr. Vijayakumar D.R. has done his medical schooling from Mysore medical college . He is a postgraduate from the prestigious **National Institute of Mental Health and Neuro Sciences (NIMHANS)**. He has rich and extensive experience in handling mental health issues. He has worked for many years as a consultant psychiatrist in Melbourne, Australia and the United Kingdom.



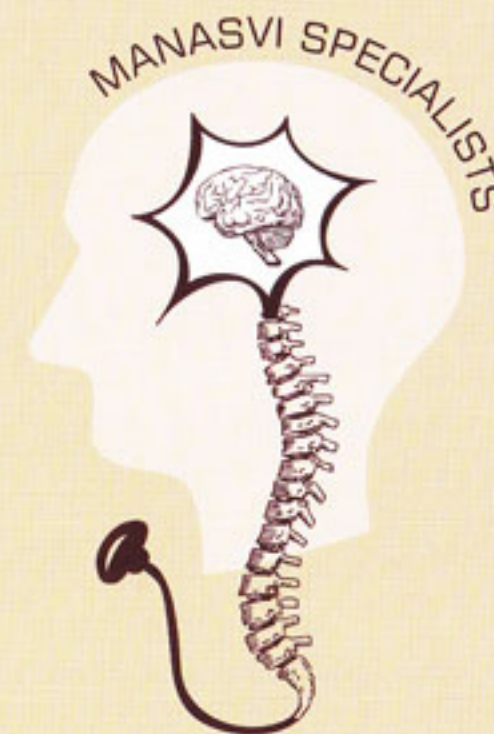
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WE CAN HELP



Dr Vijayakumar D.R.

Consultant Psychiatrist



"Gloom that never seems to lift, overwhelming feeling of dread, thoughts of suicide, out of control drinking or drug use. "

The reasons to seek psychiatric help are many. The Causes of these symptoms can be numerous, however no mental illness should be considered without a thorough examination.

A psychiatrist is a medical physician who specializes in the diagnosis, treatment and prevention of mental illness including substance abuse and addiction. Psychiatrists are uniquely qualified to assess both the mental and physical aspects of psychological disturbances. Their medical education has given them a full working knowledge of the many causes for a patients feeling and symptoms.

Some warning signs of mental illness

- Inability to cope with problems of daily living
- Strange ideas or delusions
- Marked personality change
- Excessive anxiety
- Prolonged feeling of sadness
- Thinking or talking about suicide
- Extremes high and low
- Abuse of alcohol or drugs
- Excessive anger and hostility



From sad to glad

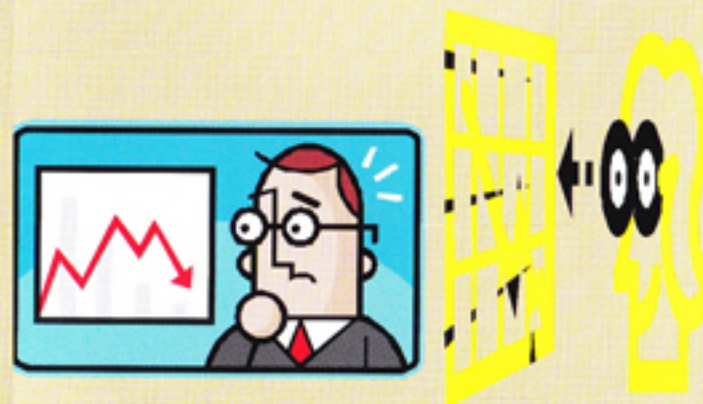
- Violent behaviour
- Irrational fears

If you notice any of these symptoms you should seek a psychiatric evaluation.

Psychiatrists can select from many effective treatments and will work with you to create an effective management plan. Treatment can include psychotherapy (talk therapy) which is a systematic method of treatment in which you and the psychiatrist meet at regular intervals to discuss problems and feelings. Various forms of talk therapy are available like cognitive behaviour therapy, supportive therapy, and brief dynamic therapy. Talk therapies help patients change behaviour or thought pattern, explore effect of past relationships and experiences on present behaviour or treat troubled relationship.

Manasvi community mental health services offers treatment by experienced psychiatrist and a team of counselors to people with mental health issues. It provides out patient psychiatric care for all psychiatry disorders like

- Depression
- Poor academic performance
- Anxiety Disorders
- Learning disabilities



From Low to High

- Phobias
- Behavioural issues
- Schizophrenia
- Dementia
- Bipolar affective disorder
- Marital Problems
- Sleep disturbances
- Adjustment disorders
- Alcohol Dependence
- Relaxation therapy
- Cigarette smoking cessation
- OCD
- Other substance dependence
- Stress management
- Sexual disorders (Psychological in nature)

Treatment offered includes both pharmacotherapy and psychotherapy like cognitive behaviour therapy, behaviour therapy and other counseling services. Stress management and anger management programmes are conducted both at individual and in groups.



From Gloom to Sunshine