

How to Know When Psychiatric Services Might Be Helpful for You

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Maybe you or your child struggles with mental health. But how do you know if either of you could be a good fit for psychiatric services?

At Wedgwood Christian Services, a team of a medical doctor and physician assistant, serve patients in an outpatient setting in Wedgwood's Bouma Counseling Center. Here are 5 reasons that you or your child could benefit from our community psychiatric services:

1. You want more support for your mental health alongside counseling/therapy.

Holistic, evidence-based, and best-care practices, and psychiatric care working in tandem with counseling services as well, can mean individuals are more likely to gain true, long-term healing from mental illness.

2. Your mental health struggles are distressing to you or affect your ability to function in life.

If it feels like a struggle to get through each day because of your mental health, it is time to seek help. Mental health professionals aim to help you to reach the best possible quality of life through medical and therapeutical treatment.

3. You have been treated for your mental health by primary care but would like another opinion or more in-depth specialty care.

Psychiatric services can work alongside your primary care provider to give you the best possible outcome for your mental healthcare.

4. Your primary care provider, clinician/therapist, or someone else in your life has recommended that you seek psychiatric care.

Sometimes other people are better at seeing when we need help than we are at admitting it ourselves. Asking for help is a sign of strength and humility – *not* a sign of weakness.

5. You have tried multiple medications to treat your mental health without seeing much change.

We commonly see people who have tried a long list of psychiatric medications without much success. If this has happened to you, don't lose hope! Genetic tests to help determine which medications would be less likely to cause side effects and how to adjust the dosing to best suit you.

This list can be used to help you determine whether you or your child should enroll in psychiatric services, but you don't necessarily need to identify with these reasons to be seen.

Wedgwood Christian Services is here for anyone who is struggling with mental health, and can help determine the best course of treatment and support.