



PSYCHIATRY

Mental illness is described as a wide range of emotional and mental health conditions which many people suffer at some point in their life. It can affect a person's thoughts, feelings and emotions.

Everyone feels stressed at times. You may feel worried, tense, upset, sad, and angry – or maybe a mixture of uncomfortable feelings. These feelings can be entirely normal, but sometimes stress can get too much and can even trigger a mental illness which can makes things worse in the long run.

It is important to get help if stress is getting too much or you are finding difficult to cope with your daily activities. Mental illness tends to make a person miserable and can lead to problems in their daily life, such as at work ,school or in relationships. In the majority of cases, mental health symptoms can be managed with a combination of medication and counselling.

When to get help?

Sometimes stress gets on top of you, especially when the situation causing the stress goes on and on and the problems just seem to keep building up. You can feel trapped, as if there is no way out and no solution to your problems. If you feel like this, it is important to get help.

Signs that stress is getting too much and that you should get help:

You feel that stress is affecting your health.

You feel so desperate that you think about stopping school, leaving work, running away or harming yourself.

You feel low, sad, tearful, or feel that life is not worth living.

Inability to concentrate, feeling tired

Inability to enjoy things

Mood swings

Withdrawal from friends, family and activities

Feelings of guilt and hopelessness.

You lose your appetite and have difficulty sleep.

You have worries, feelings and thoughts that you find difficult to share because you feel people won't understand you or will think you are 'weird'.

You hear voices telling you to do things or making you behave strangely.

You are using drugs or alcohol to block out stress

Here at QUICKCARE we understand the importance of both mental health and physical health. We provide a comprehensive care and bio psychosocial approach to treat various mental health issues.

Our Psychiatrist has vast years of experience in managing various psychiatric disorders including Perinatal psychiatry. The Specialisms include:

Depression

Anxiety

Panic attacks

Phobias

Obsessive compulsive disorder

Mood disorders

Eating disorders

Schizophrenia

Psychosis

Dementia

Mental health issues during pregnancy

Postnatal depression, postpartum psychosis

At King's we have the following vision:

Provide accessible mental healthcare services for all.

Working towards prevention and early intervention of mental health problems.

Fostering greater awareness, understanding and empathy for mental illness through community outreach.

Increasing the presence of mental health services for pregnant and postnatal mothers

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ANXIETY AND STRESS DISORDER

Fear and stress affects everyone at some point in their life and most people express some type of anxiety. However, for some people these present as an intense disorder, having persistent and disproportional worry and fear about daily life situations.

Some of the most common forms of anxiety disorder include:

Generalized anxiety disorder.

Panic disorder.

Social phobia.

Specific phobias.

ANXIETY AND STRESS DISORDER SYMPTOMS

Anxiety and abnormal stress have some common signs and symptoms. These may manifest as physical and psychological symptoms.

PHYSICAL SYMPTOMS INCLUDE:

Increased heart rate.

Sweating

Hyperventilation

Trembling

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Sleep problems.

Dry mouth.

Nausea and vomiting.

Dizziness

PSYCHOLOGICAL SYMPTOMS:

Feeling panic, fear, nervous.

Concentrating troubles.

Avoiding daily life situations.

Easily crying.

Frequent and rapid change of humor.

CAUSES – ANXIETY & STRESS DISORDER

Like many other mental illnesses, anxiety disorder is not completely understood. However, there are some well-known factors such that include:

Thyroid problems (hyperthyroidism).

Heart diseases.

Drugs and alcohol withdrawal.

Some tumors.

Family history (traumatic life event)

DIAGNOSIS – ANXIETY AND STRESS DISORDER

To diagnose your condition, our Family Medicine Doctors will seek to recognize whether the underlying cause of your condition is related to a physical health problem or not. However, if your condition is extreme, our psychiatric experts may perform specific mental tests to suggest alternative treatment options.

TREATMENT – ANXIETY AND STRESS DISORDER

Searching for help while dealing with anxiety and abnormal stress is very important. There are several treatment options for these conditions.

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Medication

Some of the treatment options to relieve the symptoms, according to your stage disorder are:

Acute medications

Using sedatives, such as benzodiazepines or beta-blockers are required in the most acute cases, in order to reduce the physical symptoms. Although, it doesn't solve the underlying disorder.

Long-term medications

After solving the acute anxiety attack, long-term treatment with anti-depressants maybe required. In most cases, for over 6 months to 1 year.

Psychotherapy

Psychotherapy involves having regular conversations with a therapist and can be the most important part of the treatment.

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POSTPARTUM DEPRESSION

Most new mothers experience "baby blues" after childbirth, which commonly include mood swings, crying spells, anxiety, and difficulty sleeping. Baby blues begin within the first two to three days after delivery and may last for up to two weeks.

But some new mothers experience a more severe, long-lasting form of depression known as postpartum depression, also referred to as postnatal depression. It is a completely treatable illness, early diagnosis and treatment can help you recover quickly and bond with your baby.

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BABY BLUES SYMPTOMS

Signs and symptoms of baby blues — which last only a few days to two weeks after your baby is born — may include:

Mood swings

Sadness

Feeling anxious

Irritability

Feeling overwhelmed

Crying

Appetite problems

Trouble sleeping

SYMPTOMS OF POSTNATAL DEPRESSION

Postpartum depression may be mistaken for baby blues at first — but the signs and symptoms are more intense and last longer, and may eventually interfere with your ability to care for your baby and handle other daily tasks. Symptoms usually develop within the first few weeks after giving birth but may begin earlier — during pregnancy — or later — up to a year after birth.

Postpartum depression signs and symptoms may include:

Feeling low, anxious, crying

Difficulty bonding with your baby

Withdrawing from family and friends

Loss of appetite or eating much more than usual

Inability to sleep not sleeping even when your baby sleeps, checking on the baby

Feeling tired

Reduced interest and unable to enjoy things

Intense irritability

Feel that you're not a good mother

Hopelessness, worthlessness, guilt

Thoughts of harming yourself or your baby

Recurrent thoughts of death or suicide

Untreated, postpartum depression may last for many months or longer.

HOW COMMON IS PND?

10-15 in every 100 women become depressed after having a baby.

WHAT CAUSES POSTNATAL DEPRESSION?

There's no single cause of postpartum depression, but physical and emotional issues may play a role.

RISK FACTORS:

Previous depression or other mental health problems

Depression or anxiety in pregnancy or previous h/o of postnatal depression

Family history of depression or postnatal depression

Poor social support

Recent stressful events

Your baby has health problems or other special needs

You have twins or multiple births

Unplanned or unwanted pregnancy

TREATMENTS

Treatment vary depending on the severity of your illness and your individual needs.

Postpartum depression is often treated with talking therapy or counselling, medication or both.

COUNSELLING –It may help to talk through your concerns with mental health professional and find better ways to cope with your feeling to respond to situations in a positive way.

ANTIDEPRESSANTS – Your doctor may recommend an antidepressant. If you're breast-feeding, any medication you take will enter your breast milk. However, most antidepressants can be used during

breast-feeding with little risk of side effects for your baby. Work with your doctor to weigh the potential risks and benefits of specific antidepressants.

With appropriate treatment, postpartum depression symptoms usually improve. In some cases, postpartum depression can continue, becoming chronic depression. It's important to continue treatment after you begin to feel better. Stopping treatment too early may lead to a relapse.

HOW TO HELP yourself

Do tell someone how you feel

Do sleep or rest during the day or night

Do eat regularly

Do find time to do things you enjoy or make you relaxed

Do go to local groups for new mothers or postnatal support groups

Do let others help with housework, shopping and looking after other children

Do exercise

Do use self-help books and website

Do contact organisations that support women with Postnatal Depression

Don't blame yourself, your partner or close friends or relatives

COMPLICATIONS

Left untreated, postpartum depression can interfere with mother-child bonding and cause family problems.

FOR MOTHERS – untreated postpartum depression can last for months or longer, sometimes becoming a chronic depressive disorder. Even when treated, postpartum depression increases a woman's risk of future episodes of major depression.

FOR CHILDREN –children of mothers who have untreated postpartum depression are more likely to have emotional and behavioural problems.

PREVENTION

Don't stop antidepressant medication in pregnancy without advice. You are more likely to relapse if you have had severe depression, several episodes or a recent episode.

Discuss this with your psychiatrist.

They can recognize any signs of depression early.

Make sure you have treatment for depression in pregnancy.

If you have a history of depression — especially postpartum depression — tell your doctor if you're planning on becoming pregnant or as soon as you find out you're pregnant.

DURING PREGNANCY, your doctor can monitor you closely for signs and symptoms of depression. Sometimes mild depression can be managed with support groups, counselling or other therapies. In other cases, antidepressants may be recommended — even during pregnancy.

AFTER YOUR BABY IS BORN, your doctor may recommend an early postpartum check-up to screen for signs and symptoms of postpartum depression. The earlier it's detected; the earlier treatment can begin. If you have a history of postpartum depression, your doctor may recommend antidepressant treatment or counselling immediately after delivery.

Even if you have been depressed for a while, support, counselling and medication can all help. It's never too late.

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