

The four pillars of psychiatric treatment



Embarking on a mental health journey to healing is a deeply personal and often transformative process marked by self-discovery and growth. For many, this journey begins with a recognition of the need for change – a moment when the emotional burden becomes heavier than the challenges of recovery. But what is necessary for this journey?

First and foremost, one will have to **talk** about it. Support can come in many forms, from professional therapy and counseling to support groups or conversations with trusted friends and family. Each of these resources offers unique benefits, but the common thread is their ability to provide understanding, validation and strategies for coping. Therapy, for instance, can be a powerful tool in unpacking the complexities of one's mental health. A skilled therapist can help you explore the roots of distress, understand your emotions and develop coping mechanisms. Therapists can help you challenge and change negative thought patterns, and if need be, deal with past trauma or troublesome interpersonal relationships.

Secondly, there might be the need for **medication**, particularly in cases where mental health conditions are believed to have an organic component. When prescribed and monitored by a healthcare professional, medication can alleviate symptoms and make additional therapeutic work more effective.

As a third pillar, one's **own effort** is needed. Self-care is a crucial aspect of the healing journey. It involves adopting practices that nurture physical, emotional and mental wellbeing. This can include physical activity such as a walk in nature, healthy eating habits, proper sleep hygiene and activities that bring joy or relaxation to help us stay grounded and manage stress.

Support from others is the fourth and equally important pillar. No man is an island! Connecting with empathetic individuals who understand and validate one's experiences can be incredibly healing. Whether through support groups or trusted friends and family, sharing one's struggles can foster a sense of community and reduce feelings of isolation. Moreover, the healing journey often includes the development of resilience. As individuals confront their mental health challenges, they may learn new coping strategies and build a greater sense of self-efficacy. This resilience not only helps in managing current difficulties but also prepares individuals to handle future stressors more effectively.

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Ultimately, the path to mental health recovery is not linear. It is a bumpy road with setbacks and periods of stagnation, but each step, no matter how small, contributes to the overall healing process. Embracing this journey with patience and compassion towards oneself is key. It is about making progress, not achieving perfection, and recognising that healing is a continuous, evolving process. 🌀

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