

# [www.psychiatrylifeskills.org](http://www.psychiatrylifeskills.org)

Dr. Mathivanan MD (Psychiatry)

Dr. Mathivanan is a highly trained and compassionate psychiatrist with over 10 years of experience helping patients overcome a variety of mental health issues. He is a graduate of the prestigious Institute of mental health, Madras medical college where he received his medical degree and completed his residency in psychiatry. His approach to psychiatry is centered around his patients. He believes that each individual is unique and that treatment should be tailored to their specific needs. He works collaboratively with his patients to develop a comprehensive treatment plan that may include medication, psychotherapy, hypnotherapy, life skills training, and other interventions. He is also dedicated to providing education and support to his patients and their families. He believes that with the right treatment and support, individuals with mental health issues can lead fulfilling and meaningful lives.

We believe that everyone should have access to high-quality psychiatric care. That's why we are committed to providing affordable psychiatric services to our clients. We are dedicated to providing a solution that is both effective and affordable.

We understand that mental health care is not just about treating symptoms, but also about empowering individuals to lead fulfilling and meaningful lives. That's why we offer a comprehensive approach to mental health care that includes both psychiatric care and life skills training. We believe that by combining psychiatric care with life skills training, we can provide our clients with a more holistic approach to mental health care. Our life skills training covers a wide range of topics, including stress management, coping skills, communication, and goal-setting. By equipping our clients with these essential life skills, we can help them build resilience and confidence, leading to long-lasting improvements in their mental health and overall well-being. With our comprehensive approach to mental health care, we are committed to helping our clients achieve their full potential and lead happy, fulfilling lives.