



TOP MENTAL HEALTH SERVICES FROM DR. JUNEJA, A RENOWNED PSYCHIATRIST IN BETHESDA

Mental health is a very sensitive yet serious topic, with research conducted by the World Health Organization showing that one in every eight individuals, or approximately nine hundred eighty million people were suffering from some kind of mental health issue, with the top two being either anxiety or depression. Moreover, research also predicted that one out of every four individuals will face a mental health problem at some time during their lives. With such a high prevalence of mental health issues, it becomes important for people to receive high quality treatment, and for there to be the availability of professional and expert psychiatrists.

Dr. Sonia Juneja, one of the best [Psychiatrists in Bethesda](#), works at Washington Family Psychiatry and specializes in the treatment of multiple mental health issues, some of them being depression, attention deficit hyperactivity disorder, post-traumatic stress disorder, bipolar disorder, obsessive compulsive disorder, etc. Individuals can book a consultation online and get an official diagnosis at the clinic or through an online meetup with Dr. Juneja. Afterwards, a tailor-made treatment and recovery plan, based on the individual's needs and specific conditions will be made, with the combination of lifestyle changes, therapy, and/or medications.



Dr. Juneja is extremely invested in the patients' journey and makes healing patients her top priority and approaches the field of mental health in both a holistic and systematic, evidence-based manner. With much care and empathy, Dr. Juneja ensures that her patients are given an open and comfortable environment and atmosphere where they can fully be themselves, as this is a requirement to be able to find the root cause of any issues faced by patients and to help the patient with healing.

Based on the patient's age, lifestyle, history, circumstances, biological, sociocultural, psychological, and spiritual factors, an individualized plan is made centered around psychotherapy and psychosocial treatment plans, with medical intervention happening if required, although Dr. Juneja refrains from using medicine as a first line form of treatment and focuses more on one's lifestyle and using psychotherapy to overcome issues faced by the patient.

After an appointment is booked, a sixty-minute consultation occurs in which the patient discusses their problem with Dr. Juneja, and a mental health evaluation is performed, after which an official diagnosis is made. Afterwards, Dr. Juneja discusses the recovery plan and follow up appointments are scheduled. After the initial evaluation, a psychiatric evaluation occurs in which it is determined whether medication will be used, and if yes, which ones, the dosage amounts, and the duration for which they will be prescribed. Hereafter, in the follow up, the psychiatrist will assess the patient's condition, see whether changes in dosage are required and provide therapeutic feedback. These are accompanied with psychotherapy sessions, which occur till the patient has fully recovered and is in remission.

With a trusted doctor like Dr. Sonia Juneja, Washington Family Psychiatry remains one of the **best Psychiatrists in Bethesda** clinics. If you or one of your loved ones is struggling with their mental health or wants to get a routine mental health checkup, you should book an appointment with Dr. Juneja, one of the best psychiatrists in Bethesda!

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