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Mental Health with Dr. Surita Rao Thursday at 6 AM Pacific

August 08th 2013: The Interface between Primary Care and Behavioral Health

As we go through our live, events may occur that derail us. Maybe it is the death of loved one, a divorce or loss of a job or even a high level of stress in our lives. A person may start to wonder if this is just regular sadness and worrying or are they developing a clinical depression or anxiety disorder. Where should this person turn to for some initial screening and help? Most people do not know a psychiatrist or a psychiatric nurse practitioner. The health care provider who is familiar to them is their own doctor, the person who takes care of them when they have the flu or the pediatrician

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