

Comprehensive Assessments

Empowered Patients

By Dr Gilbert Andrews, Consultant Psychiatrist

I am often asked whether stress-related illness is becoming more common. In recent years, referrals have certainly increased. People now have a clearer understanding of the triggers that can lead to stress and how these can contribute to both emotional and physical difficulties. This growing awareness has helped reduce stigma and encouraged more individuals to seek support from mental health professionals.

My approach is centred around open, judgement-free dialogue. I focus on listening carefully and understanding each patient's story so that I can provide a truly holistic treatment plan. This involves exploring the patient's background, including any childhood trauma, evolving neurodiversity, challenges with conflict resolution, and other personal circumstances.

Symptoms can range from sleep deprivation, anxiety, and fear of failure to low mood and depression. Some patients also present with maladaptive coping behaviours, such as using unprescribed medication, alcohol, or recreational drugs to self-manage their symptoms.

It is vital that every patient feels heard and understood; this sense of validation helps them engage more positively in the treatment process. I carry out relevant investigations and use evidence-based therapeutic interventions. I work closely with accredited specialists in counselling, solution-focused therapy, trauma resolution therapy, CBT, and ADHD coaching.

I have many years of experience across a wide range of psychiatric presentation, and I am happy to provide a second opinion to review a diagnosis and treatment plan. I refer patients to psychiatric colleagues when their condition falls outside my specific area of expertise.

My practice manager oversees all referrals, manages appointments, and ensures that urgent cases are dealt with efficiently.

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