

Dr. Ranganathan

As a pediatrician, we are on the front lines of this mental health crisis every day. I once had a patient from a very traditional Indian family who was able to open up to me about wanting to transition and receive gender affirming care. Her parents initially resisted, which was a contributing factor to my patient's depression and anxiety. As my patient's pediatrician, I counseled the family once a week, made referrals to psychiatry and psychology, and was able to help convince them to be supportive of my patient as she went through these major changes. This experience showed me how much of a role doctors can play in alleviating mental health issues that our patients face, and the importance of being open minded and empathetic to varying viewpoints. Mental health is just as important or even more important than physical health. You need to be able to talk about it. You are not alone.