

Suggestions Are The Best Way To Help Troubled People Out

If you (GPs/Psychiatrists/Whoever) ask someone what help they would personally like? It's more or less saying figure out answers to your problems by yourself!

If you (GPs/Psychiatrists/Whoever) show understanding to people's problems and suggest answers to their problems 'Ask if they'd like to see a Counsellor, Psychiatrist, Psychiatric Nurse, etc' You're showing more chance of successful help and advice to them. You're taking their minds off their personal problems by suggesting and encouraging possible answers to them.

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