FREE LIVE WEBINAR · 04

Depression & Anxiety



Sadness and worry that won't go away are treatable

Bharosa 90-Day Depression & Anxiety Recovery Program

Your host

Dr. Uday Kiran

MBBS, MD Psychiatry · Founder & Chief Consultant Psychiatrist

BHAROSA™
Neuro Psychiatry Hospital

Meet Your Doctor

BHAROSA™
Neuro Psychiatry Hospital



Dr. Uday Kiran

Founder & CEO, Bharosa

MBBS, MD Psychiatry

Osmania Medical College, Hyderabad

Founder & CEO

Bharosa Neuro Psychiatry Hospitals

Chief Consultant Psychiatrist

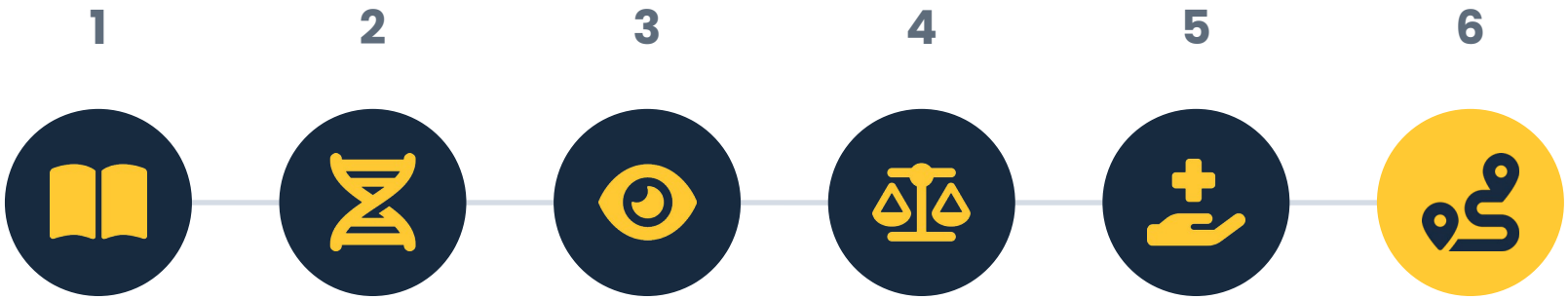
Acute care, emergency psychiatry & rehabilitation

Children to elderly

Care for every age, at four branches

Today's Journey

BHAROSA™
Neuro Psychiatry Hospital



Stay till the end: live Q&A with Dr. Uday Kiran and how the Bharosa 90-day program works.

What Are Depression & Anxiety?

BHAROSA™
Neuro Psychiatry Hospital

Brain illnesses: low mood or constant fear that stays for weeks and disturbs daily life.



Not just sadness

Low mood most of the day, nearly every day, 2+ weeks



Not just worry

Fear and tension that is too much and hard to control



Often together

Most people with one also have signs of the other

How Common Is It?

BHAROSA™
Neuro Psychiatry Hospital

1 in 20

Indians have had depression at some point in life

National Mental Health Survey of India (NMHS) 2015-16

85%

with depression, anxiety & similar illness get no care

NMHS 2015-16 (NIMHANS), treatment gap for common mental disorders

32 crore

people worldwide live with depression

WHO Depression fact sheet (2023 estimate: 322 million)

Who Can Get It?

BHAROSA™
Neuro Psychiatry Hospital



Women

About 1.5 times more often, esp. after childbirth



Young adults

Exams, jobs, phone use and relationship stress



Elders

Loneliness, illness, loss of spouse or role at home

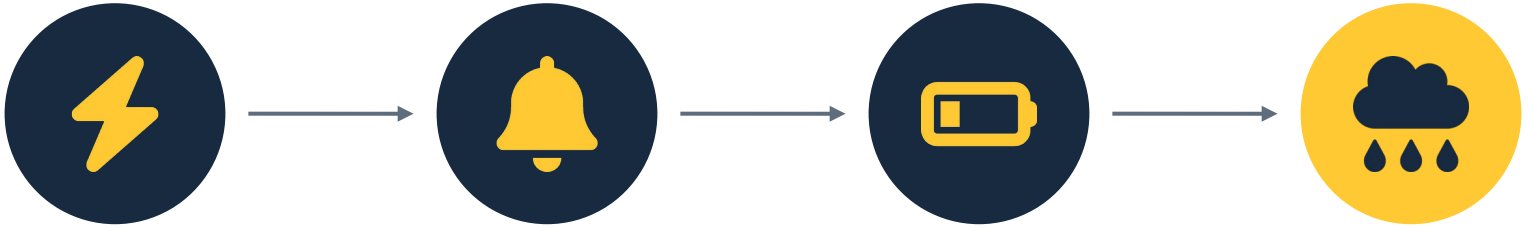


Chronic illness

Diabetes, BP, heart disease, thyroid, long pain

What Happens in the Brain?

BHAROSA™
Neuro Psychiatry Hospital



Long stress

Worry, loss or illness strain the body

Alarm stays on

Stress hormone cortisol stays high, body on alert

Circuits slow

Reward and sleep circuits slow down

Mood & worry

No joy, poor sleep, tiredness, constant fear

The brain's alarm gets stuck 'on'. Treatment helps switch it back and repair the circuits.

Why Does It Happen?

BHAROSA™
Neuro Psychiatry Hospital



Genes

Runs in families; risk higher, not certain



Brain chemicals

Serotonin and stress hormones out of balance



Life events

Loss, debt, job stress, conflict, abuse



Body illness

Diabetes, thyroid, heart problems, long pain



Loneliness

Living alone, no one to talk to, isolation



Alcohol & drugs

Give short relief, then deepen low mood

Early Warning Signs

BHAROSA™
Neuro Psychiatry Hospital



Sleep changes



Always tired, no energy



Avoiding people, staying in



Eating less or too much



Irritable, quick to anger



Body aches, 'gas', headache

Signs of Depression

BHAROSA™
Neuro Psychiatry Hospital

Depression signs

Most of the day, nearly every day, for at least 2 weeks



Low mood

Sad, empty or hopeless; may cry without reason



No interest

No joy in family, work, food or favourite things



Body slows down

Tired, aches, poor sleep and appetite, slow work



Guilt & hopelessness

"I am a burden", poor focus, thoughts of death

Signs of Anxiety

BHAROSA™
Neuro Psychiatry Hospital

Anxiety signs

Fear that is too much, too often, and hard to switch off



Constant worry

Worry about health, money, family that won't stop



Body alarm

Palpitations, sweating, shaking, tight chest, 'gas'



Panic attacks

Sudden fear peaks in minutes; feels like heart attack



Avoiding

Avoids travel, crowds or going out alone

How It Affects Life

BHAROSA™
Neuro Psychiatry Hospital



Work & studies

Leave, poor focus, falling marks, job loss



Family

Fights, silence, children feel the stress too



Repeat tests

Many doctor visits, ECGs, scans: all 'normal'



Body health

Worsens diabetes, BP and heart disease control

> *We did every test for her chest pain. Nobody asked how she was feeling inside.*
>
> — A family member

Myths vs Facts

BHAROSA™
Neuro Psychiatry Hospital

MYTH	FACT
It's just weakness. Be strong and it will go.	**It is a medical illness of the brain, like diabetes is of the body.**
Body pains and 'gas' mean it can't be mental.	**Aches, fatigue and palpitations are very common signs of depression and anxiety.**
Medicines are addictive and needed for life.	**Antidepressants are not addictive; doctors taper them slowly once stable.**

Red Flags: Act Today

BHAROSA™
Neuro Psychiatry Hospital

- Talk of death or wanting to die
- Self-harm, or giving things away
- Not eating or drinking for days
- Not leaving bed, stopped all work
- Heavy drinking or sleeping pills

Act today

Never leave them alone. Go to the nearest hospital now.

Emergency: 112
Tele-MANAS 14416 (free, 24×7)

How We Diagnose

BHAROSA™
Neuro Psychiatry Hospital

01



Detailed talk

Psychiatrist listens to patient and family

02



Rating scales

Standard tests measure mood and anxiety level

03



Body check

Thyroid, sugar, B12, ECG to rule out other causes

04



Care plan

Clear diagnosis and a step-by-step plan

THE GOOD NEWS

There Is a Way Out

With the right treatment, most people feel better and get their life back on track.

BHAROSA™
Neuro Psychiatry Hospital

Pillars of Recovery

BHAROSA™
Neuro Psychiatry Hospital

One team · one plan · every day



Right medicine

Correct dose, watched closely for side effects



Talk therapy

CBT and counselling to change worry patterns



Body & breath

Yoga, breathing, exercise and good sleep



Family support

Family learns how to help, not pressure



Relapse plan

Know early signs and act before they grow

Medicines & Therapies

BHAROSA™
Neuro Psychiatry Hospital

Medicines

- SSRIs / SNRIs: main mood and anxiety medicines
- Anti-anxiety tablets: short, careful use only
- Sleep and body symptoms treated alongside
- rTMS / ECT for severe or resistant depression

Therapies

- CBT: change negative thinking patterns
- Behavioural activation: small daily steps
- Relaxation, breathing and mindfulness
- Interpersonal therapy: heal relationships

Why 90 Days?

BHAROSA™
Neuro Psychiatry Hospital



Recovery needs time, not a quick fix

Medicines need time

Antidepressants start in 2–4 weeks; full effect by 6–8

New habits stick

Sleep, activity and thinking skills need daily practice

Lower relapse risk

Stable mood before going home protects the gains

Your 90-Day Roadmap

BHAROSA™
Neuro Psychiatry Hospital

Day 1-30

Calm & stabilise

- Full assessment and safety plan
- Start medicines, fix sleep
- Breathing and calming skills

Day 31-60

Activate & rebuild

- CBT and behavioural activation
- Yoga, exercise, daily routine
- Family counselling sessions

Day 61-90

Resilient return

- Relapse-prevention plan
- Home visits and work readiness
- Follow-up and tele-review plan

Your Care Team at Bharosa

BHAROSA™
Neuro Psychiatry Hospital

Every patient in the 90-Day Depression & Anxiety Recovery Program is cared for by:

- **Psychiatrists**
- **Psychologists**
- **General physicians**
- **Dietitians**
- **Yoga trainers**
- **Fitness trainers**
- **Nurses, 24×7**
- **Family counsellors**

A Typical Day

BHAROSA™
Neuro Psychiatry Hospital

6:30 AM	8:30 AM	10:30 AM	1:00 PM	4:00 PM	9:30 PM
					
Yoga and breathing	**Doctor round, medicines**	**CBT / counselling**	**Healthy lunch, rest**	**Exercise, group activity**	**Calm routine, good sleep**

Medicines on time · therapy every day · healthy food · safe, calm rooms · weekly family update

How Families Can Help

BHAROSA™
Neuro Psychiatry Hospital

Do

- Listen calmly, without judging
- Help them keep doctor visits
- Go for a daily walk together
- Ask directly about suicidal thoughts

Avoid

- Don't say 'just be strong' or 'stop thinking'
- Don't stop medicines when they feel better
- Don't leave them alone if they talk of death
- Don't rely only on tonics and pain-killers

Choose Your Nearest Bharosa

BHAROSA™
Neuro Psychiatry Hospital



L.B. Nagar

Standard & mid-range care

East Hyderabad



Kothapet

Standard & mid-range care

Close to the city centre



Banjara Hills

Premium private rooms

Privacy and comfort



Achampet

Long-term rehabilitation

Healing close to nature

The same 90-Day Depression & Anxiety Recovery Program and the same care team at every branch.

Take the First Step Today

Join the Bharosa 90-Day Depression & Anxiety Recovery Program

1

Reply 1 on WhatsApp

Our counsellor calls you today

2

Free family assessment

At your nearest branch this week

3

Visit any branch

L.B. Nagar · Kothapet
Banjara Hills · Achampet

Your questions now

Dr. Uday Kiran answers live



Emergency: 112 · Tele-MANAS 14416 (free, 24×7)

BHAROSA™
Neuro Psychiatry Hospital