



Being healthy includes protecting and promoting mental health.

with Dr. Veronica Gubatan

One in four adults experiences a mental health disorder each year, yet fewer than one-third receive mental health services. While most people seek immediate medical treatment for physical health problems, many resist or delay getting the same level of professional, medical care for a mental health issue.

Blount Memorial Parkway Psychiatric Service psychiatrist Dr. Veronica Gubatan explains. “Any mental health disorder left untreated can lead to serious consequences. For example, untreated depression can lead to suicide. Attention Deficit Disorders can lead to an increase in traffic accidents, loss of employment or poor work/school performance. Some disorders also can lead to incarceration or be associated with alcohol and/or illicit drug use. Overall, the quality of life can be improved with mental health treatment.”

Gubatan says it’s important to remember that mental health disorders have no boundaries. While some individuals can have a genetic predisposition or pre-existing medical condition that leads to the occurrence of mental problems, mental health issues can affect anyone at any time or age.



“At Blount Memorial Parkway Psychiatric Service, we see school-age children in grades kindergarten and up, adolescents, adults and seniors of any age,” she adds. “The service we provide involves evaluation, diagnosis and treatment of symptoms due to depression,

anxiety, panic, attention deficit, memory impairments and so on. For aging adults, we offer elder assessments, which include evaluations and treatment of depression, anxiety, memory loss, Alzheimer’s disease, dementia and any mental health concerns. Our social workers are available for therapy for the patients and families, and can offer assistance with community resources.”

Parkway Psychiatric Service is conveniently located on the fourth floor of the Blount Memorial Physician Office Building, accessible through the hospital’s outpatient entrance. Experienced psychiatrists—physicians who specialize in mental health issues provide expert diagnosis and treatment. In addition, staff therapists are available for individual and family counseling sessions. Appointments are available Monday-Friday.

For more information or to schedule an appointment, call Parkway Psychiatric Service at 865-980-5377.

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