



Dr Shalini Janardhan

MBBS, MRC Psych, DPM 12+ Years Experience

Dr Shalini Janardhan is a top Psychiatrist in Chennai at Apollo Hospitals Greams Road Chennai. Book appointment online with Dr Shalini Janardhan at Ask Apollo.

Hospitals

Apollo Hospitals, Greams Road, Chennai ,

Doctor's Working
Weekdays
Mon - Sat

Doctor's Working
Hours
09:00 -11:00



Call Now



Book Appointment

Overview

Dr. Shalini Janardhan is an experienced psychiatrist based in Chennai, Tamil Nadu, with over 12 years of dedication to mental health care. As a qualified medical professional, she holds an MBBS, MRC Psych, and DPM, ensuring she provides comprehensive mental health services tailored to her patients' needs. Dr. Janardhan is committed to promoting emotional well-being and has a profound understanding of psychological disorders, making her an invaluable resource for individuals seeking help with their mental health challenges.

Fluent in English, Dr. Janardhan is accessible to a diverse clientele, enabling her to communicate effectively and provide a safe space for her patients to share their experiences and concerns. Her approach to psychiatry combines clinical expertise with empathy, allowing for a personalized treatment experience that fosters trust and encourages openness.

Dr. Janardhan is affiliated with Apollo Hospitals, where she utilizes state-of-the-art facilities and resources to ensure her patients receive the best possible care. Her commitment to ongoing education and professional development keeps her updated on the latest advancements in psychiatric treatment, allowing

her to incorporate innovative approaches into her practice.

In her practice, Dr. Shalini Janardhan prioritizes patient well-being and is recognized for her ability to develop effective treatment plans tailored to individual needs. Whether dealing with anxiety, depression, or other mental health conditions, patients can count on her competence and compassion as they navigate their mental health journeys.

Experience

- Over 12 years of experience in Psychiatry (including 8 years in Uk and 2 years in Singapore)
- Experienced in Psychological Therapies
- Working in Apollo Hospitals since last Assignment

Membership

- Royal College Of Psychiatrists

Frequently Asked Questions

1. Where does Dr. Shalini Janardhan practice?

Dr. Shalini Janardhan's medical practice is located at Apollo Hospitals, Greams Road Chennai. This hospital offers comprehensive healthcare services and advanced medical treatments.

2. Who is Dr. Shalini Janardhan?

Dr Shalini Janardhan is a renowned Psychiatrist with over 12 years of experience. She practices in Chennai at Apollo Hospitals Greams Road Chennai. Dr Shalini Janardhan holds a degree in MBBS, MRC Psych, DPM. She provides treatments including Personality Disorder Treatment, Remedial And Psychotherapy, Relaxing Treatments. She specializes in treating conditions like Eating disorders, Mood disorders, Post traumatic stress disorder.

3. What is Dr. Shalini Janardhan's specialization?

Dr Shalini Janardhan specializes in Psychiatry. She has expertise in treating conditions such as Eating disorders, Mood disorders, Post traumatic stress disorder. Her key treatments include Personality Disorder Treatment, Remedial And Psychotherapy, Relaxing Treatments.

4. What are Dr. Shalini Janardhan's medical qualifications?

Dr Shalini Janardhan holds MBBS, MRC Psych, DPM, reflecting her comprehensive education in the field of Psychiatry.

5. What is Dr. Shalini Janardhan's experience?

Dr. Shalini Janardhan has over 12 years of experience in the medical field.

6. Who is a Psychiatrist?

A psychiatrist is a medical doctor specializing in mental health. They diagnose and treat a wide range of mental illnesses, including anxiety disorders, depression, psychosis, substance abuse disorders, and developmental disabilities. Psychiatrists also focus on the prevention and management of these conditions.

7. Is a Psychiatrist different from a Psychologist?

Psychiatrists and psychologists are healthcare professionals providing distinct services. Psychologists hold doctoral degrees (Ph.D. or PsyD) in clinical psychology. Psychiatrists are medical doctors specializing in the diagnosis, treatment, and prevention of mental disorders.

8. When should one consult a psychiatrist?

Psychiatrists treat mental, emotional, and behavioral health disorders. Consult a psychiatrist for conditions like anxiety, depression, schizophrenia, bipolar disorder, or significant behavioral changes without apparent cause. Psychiatric care is also necessary for mental or emotional issues stemming from substance abuse.

9. What conditions does a psychiatrist treat?

Psychiatrists diagnose and treat various mental, emotional, and behavioral disorders. These include depression, anxiety, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), Asperger's syndrome, alcohol addiction, stress, burnout, eating disorders, and schizophrenia. They also manage disorders stemming from substance abuse.

10. Can a Psychiatrist treat anxiety disorders?

Yes, psychiatrists are qualified to treat anxiety disorders. These disorders are marked by persistent, excessive anxiety impacting daily life. Affecting a significant portion of the population, anxiety disorders are effectively managed by psychiatrists using therapies and medication.