



Directions

From McAllen – Take 83 East to 77 South. Exit at Ed Carey and turn left. After passing Business 77, turn right on Haine Drive (Heart Clinic on corner). Tranquil Minds is on the left, before Treasure Hills Blvd. (light).

From Brownsville – Take 77 North. Exit at Ed Carey and turn right. After passing Business 77, turn right on Haine Drive (Heart Clinic on corner). Tranquil Minds is on the left, before Treasure Hills Blvd. (light).



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Frequently Asked Questions

- **What is mental illness?**
Mental illness is a disease that can affect the way a person thinks, behaves, and interacts with others. Each year in the United States, one in five adults is diagnosed with a mental illness.
- **Is it a real disease?**
Mental illness is real—as real as heart disease or cancer—and it responds well to treatment.
- **What are the warning signs?**
 - Personality Changes
 - Inability to Cope With Daily Activities
 - Excessive Anxiety
 - Prolonged Depression
 - Extreme Highs and Lows
 - Changes in Eating and/or Sleeping
 - Excessive Anger and/or Violent Behavior
 - Abuse of Alcohol and/or Drugs
- **What is the difference between a psychiatrist and other mental health care professionals?**
A psychiatrist is a medical doctor who studies the physical aspects of the mind and body. They can order tests and prescribe medications to balance the chemicals in the brain, which affect mood. Other professionals who care for people with mental illness focus more on behavior and therapy.
- **What questions should I ask after the initial consultation?**
 - What is the diagnosis?
 - What treatment is recommended?
 - How long will treatment take?
 - What are the benefits and the risks?

Psychiatrists have many ways to help. I will work “with you” to create the right treatment “for you.”



Comprehensive Psychiatric Care