



## Dr Achal Bhagat

MBBS,MD, MRCP 30+ Years Experience

Dr Achal Bhagat is a top Psychiatrist in Delhi at Apollo Hospitals Delhi . Book appointment online with Dr Achal Bhagat at Ask Apollo.

### Hospitals

Apollo Hospitals, Delhi ,

Doctor's Working  
Weekdays  
Mon-Fri

Doctor's Working  
Hours  
10:00-15:00



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## Overview

Dr. Achal Bhagat is an esteemed psychiatrist based in South Delhi, Delhi, with an impressive experience of 30 years in the field of mental health. Holding an MBBS, MD, and MRCPsych, Dr. Bhagat is highly qualified and brings a wealth of knowledge and expertise to his practice. He is proficient in both English and Hindi, making him accessible to a diverse range of patients. Dr. Bhagat is dedicated to providing compassionate care and addressing individual psychological needs, utilizing his extensive training in psychiatry to offer tailored treatment plans. As a member of Apollo's medical team, he adheres to the highest standards of patient care and ethics. His commitment to enhancing the well-being of his patients is evident through his continuous pursuit of knowledge and integration of the latest therapeutic techniques in his practice. Whether addressing mood disorders, anxiety, or other mental health concerns, Dr. Bhagat is a trusted partner on the journey toward mental wellness.

# Experience

- Dr. Achal Bhagat, MBBS MD (Psychiatry) MRCPsych, is a Senior Consultant Psychiatrist and Psychotherapist practising in Delhi since 1995 when he started the Department of Psychiatry and Psychotherapy at Indraprastha Apollo Hospitals on his return from Oxford.
- In 2011, he started the Division of Mental Health and Quality of Life at Medanta the Medicity.
- Dr. Bhagat has now rejoined Apollo Hospitals. He is the Chairperson of Saarthak, a group of mental health organizations working on the issues of Mental Health in South Asia.
- Saarthak has three pillars which provide mental health services, train people and organizations on mental health and advocate for rights for persons living with mental illness.
- Dr. Achal Bhagat trained at PGIMER, Chandigarh and Oxford, UK.
- He works together with a multidisciplinary team of psychiatrists, psychologists, social workers, cognitive behaviour therapists and family therapists.
- The team has a total of clinical experience of more than a hundred years.
- Dr. Achal Bhagat sees himself as a mental health activist and is actively involved in rights movements for gender rights, rights of persons with disability and rights of persons with mental illness.

## Frequently Asked Questions

### 1. Who is Dr. Achal Bhagat?

Dr Achal Bhagat is a renowned Psychiatrist with over 30 years of experience. He practices in Delhi at Apollo Hospitals Delhi. Dr Achal Bhagat holds a degree in MBBS,MD, MRCP. He provides treatments including Personality Disorder Treatment, Remedial And Psychotherapy, Relaxing Treatments. He specializes in treating conditions like Eating disorders, Mood disorders, Post traumatic stress disorder.

### 2. What is Dr. Achal Bhagat's specialization?

Dr Achal Bhagat specializes in Psychiatry. He has expertise in treating conditions such as Eating disorders, Mood disorders, Post traumatic stress disorder. His key treatments include Personality Disorder Treatment, Remedial And Psychotherapy, Relaxing Treatments.

### 3. What are Dr. Achal Bhagat's medical qualifications?

Dr Achal Bhagat holds MBBS,MD, MRCP, reflecting his comprehensive education in the field of Psychiatry.

#### **4. How many years of experience does Dr. Achal Bhagat have?**

Dr. Achal Bhagat has 37 years of experience in the medical field. His extensive career spans numerous years of service and patient care.

#### **5. Who is a Psychiatrist?**

A psychiatrist is a medical doctor specializing in mental health. They provide comprehensive care for mental, emotional, and addictive disorders, including prevention, diagnosis, and treatment of conditions such as anxiety, depression, psychosis, substance abuse, sexual dysfunction, and developmental disabilities.

#### **6. Is a Psychiatrist different from a Psychologist?**

Psychiatrists and psychologists are distinct medical professionals providing specialized care. Psychologists hold doctoral degrees (Ph.D. or PsyD) in clinical psychology, focusing on therapy and behavioral interventions. Conversely, psychiatrists are medical doctors (MDs) with specialized training in diagnosing, treating, and preventing mental illnesses, often utilizing medication as part of their treatment approach. Their expertise encompasses both psychological and biological aspects of mental health.

#### **7. When should I consult a psychiatrist?**

Psychiatrists treat mental, emotional, and behavioral health issues. Seek consultation for mental disorders such as anxiety, depression, schizophrenia, or bipolar disorder. Unexplained behavioral changes also warrant a psychiatric evaluation. Psychiatric care is necessary for mental or emotional problems stemming from substance abuse.

#### **8. What conditions do psychiatrists treat?**

Psychiatrists diagnose and treat a wide range of mental, emotional, and behavioral health issues. 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 address disorders stemming from substance abuse.

#### **9. Can a psychiatrist treat anxiety disorders?**

Yes. Psychiatrists are qualified healthcare professionals trained to diagnose and treat anxiety disorders. Anxiety disorders, affecting one in three individuals, involve persistent, overwhelming anxiety impacting daily life. Treatment from a psychiatrist may include both medication and psychological therapies.