DIZZINESS AND PSYCHIATRIC CONDITIONS

Common Dizziness Symptoms

- Vertigo (i.e., spinning)
- Sensation of fainting and/or lightheadedness
- Nausea
- Imbalance

Who Can Help?

Your primary-care physician (PCP) is your first entry point! However, referrals to one or more of the following specialties may also be recommended:

- Audiology
- Cardiology
- Endocrinology
- ENT/Otology
- Neurology
- Physical Therapy
- Psychology/Psychiatry
- Social Work
- Others

Management to Consider in the Interim

- Calming/stress-reduction techniques
- Adequate sleep, balanced diet, and hydration
- Local or online support groups for individuals with dizziness
- Daily exercise (light to heavy; may vary per individual)
- Maintenance of a positive mindset

Endnotes