



Dr Nithya M

MBBS.,MD.,DNB.,(Psychiatry) 5+ Years Experience

Hospitals

[Apollo Speciality Hospitals, Vanagaram ,](#)

Doctor's Working
Weekdays
Mon - Sat

Doctor's Working
Hours
10:00 - 14:00

Phone Icon
Call Now

Calendar Icon
Book Appointment

Overview

Dr. Nithya M is a dedicated and compassionate psychiatrist with five years of experience in the field of mental health. Based at Apollo Speciality Hospitals Vanagaram in Chennai, she has built a reputation for her patient-centered approach and her commitment to improving the lives of those she treats. Dr. Nithya holds an impressive educational background, having earned her MBBS, MD, and DNB in Psychiatry. This extensive training equips her with a deep understanding of various mental health conditions and the latest therapeutic techniques, allowing her to provide comprehensive care tailored to each patient's unique needs. In her practice, Dr. Nithya focuses on a wide range of psychiatric disorders, including anxiety, depression, mood disorders, and stress-related issues. She believes in fostering a supportive environment where patients feel safe to express their thoughts and emotions. Her approach emphasizes collaboration, encouraging open communication to ensure that patients are actively involved in their treatment plans. Dr. Nithya utilizes evidence-based practices and integrates holistic methods to promote overall well-being, recognizing the importance of addressing both the psychological and physical aspects of health. As a valued member of the Apollo Speciality Hospitals team, Dr. Nithya is committed to upholding the hospital's mission of providing high-quality healthcare. Her affiliation with this esteemed institution allows her to access a wide range of resources and support, enhancing her ability to deliver exceptional care. Dr. Nithya

is passionate about mental health advocacy and strives to reduce the stigma surrounding psychiatric disorders, making her an integral part of the community's efforts to promote mental wellness. With her expertise and empathetic approach, Dr. Nithya M is dedicated to guiding her patients on their journey to recovery and improved mental health.

Frequently Asked Questions