

## 'The Safety Of You and Your Children Is The Number One Priority'

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I'm very sorry to hear about your serious dilemma with your ex-husband. As the mother of five minor children, I am sure that you have your hands more than full and that this conflict only makes taking care of your family—and yourself—10 times harder.

When I hear about all the legal steps you've taken to try and improve your situation through the courts and government agencies, it is disheartening that you have not been able to make more progress.

As a psychiatrist, I also would strongly encourage you to seek professional assistance to safeguard the emotional well-being of you and your children. It will be fundamental to your health and well-being, and your quality of life, in the years ahead.

I would recommend that you contact the Child Welfare Medical and Behavioral Health unit for your local county.

Amongst many other resources, they will have a comprehensive list of support services across the state that might be of great assistance.

I wish you the best of luck as you continue to advocate for yourself and your children.