

Newsweek

Dr. Faisal Tai of PsychPlus Consulted by Newsweek on Toxic Parents

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My Daughter's Boyfriend Has Toxic Parents—What Should I Do?

BY **ALYCE COLLINS** ON 7/2/23 AT 6:00 AM EDT

Turn Your Full Attention To Address Your Daughter's Needs

Faisal Tai MD is a psychiatrist and CEO at PsychPlus, with a focus on schizophrenia, mood disorders, personality disorder, anxiety and OCD in patients.

Firstly, I want to thank you for your heart-wrenching note. Secondly, I want to offer my sincere concerns for the exceedingly difficult circumstances that your daughter and family are in.

You are certainly not alone: just today the Centers for Disease Control and Prevention reported new data that shows that teenage girls in America are experiencing record levels of sadness and hopelessness. Young women in our country are experiencing a serious challenge to their wellbeing and they need the strong support of their parents, not to mention their doctors, more than ever.

Although your daughter's boyfriend's parents sound exceedingly difficult, my recommendation is for you to turn your full attention to addressing your daughter's mental health. If she has already taken pills at least once, then it could signal a cry for help or even a potential drug problem.

It is crucial that you get her the best medical care possible to make sure that she survives this very difficult period in her life. Plus, if you suspect that she might be suicidal at any point, then please be on the safe side and make use of the National Suicide Prevention Line at 1-800-273-TALK (8255).