



Dr. Richa Trivedi

Consultant Psychiatrist & Mental Health Specialist
MBBS, MD (Psychiatry)
Over 8 Years of Experience

★★★★★ (1000+ Ratings)

Dr. Richa Trivedi is a compassionate and dedicated psychiatrist committed to diagnosing and treating a wide range of mental health conditions. Known for her empathetic and patient-centered approach, she believes every individual deserves a tailored treatment plan that addresses their unique needs.

With excellent diagnostic, problem-solving, and communication skills, Dr. Trivedi combines evidence-based psychiatry with compassionate listening to help her patients achieve long-term emotional well-being and balance.

Highlights & Achievements

- ◆ MBBS, MD (Psychiatry) with strong clinical background
- ◆ 8+ years of experience in psychiatry and mental health care
- ◆ Specializes in personalized, result-oriented treatment plans
- ◆ Experienced in both adult & pediatric psychiatric disorders
- ◆ Active contributor to psychiatric research and publications

Areas of Expertise

- ◆ **Mood & Emotional Disorders:** Depression, Anxiety, Stress, Bipolar Disorder
- ◆ **Sleep & Thought Disorders:** Insomnia, Sleep Disorders, Schizophrenia, OCD
- ◆ **Addiction Psychiatry:** Alcohol, Smoking, Cannabis, Prescription drugs, Opioids, Cocaine, Amphetamines, Inhalants, Screen addiction
- ◆ **Child & Adolescent Psychiatry:** Autism, ADHD, School refusal, Behavioral defiance, Mood disorders, Eating disorders, Bipolar, Intellectual disability, Tic disorder
- ◆ **Personality & Behavioral Disorders:** Personality disorders, Anger & Impulse control issues
- ◆ **Sexual Health & Mental Wellness:** Sexual dysfunctions, Relationship issues
- ◆ Headache & Migraine Management with psychological correlation
- ◆ **Holistic Care:** Stress management, Counseling, Preventive mental health

Highlights & Achievements

Assessment of Sexual Beliefs and Their Correlation with Sexual Dysfunction Among Female Patients

With her empathetic care, strong clinical expertise, and patient-focused treatment style, Dr. Richa Trivedi is trusted as one of the leading psychiatrists in Gurgaon – helping patients and families restore hope, strength, and mental well-being.