# Dr. Drew Pinsky warns against over-diagnosis and over-medication of mental health issues in the US



Dr. Drew Pinsky, a well-known American media personality and doctor, has expressed concerns about the over-diagnosis and over-medication of mental health issues among young people in the U.S. Pinsky, who gained prominence as the host of "Loveline" and "Celebrity Rehab," shared his views during an interview with NewsNation host Leland Vittert on Tuesday.

Pinsky, 65, argued that society has increasingly confused "ordinary misery" with clinical mental health conditions, leading to unnecessary medicalization and pharmacologization of everyday struggles. He emphasized that young adults often expect medication to resolve normal life difficulties, a trend he believes has significant drawbacks.

According to Pinsky, the first issue is the inherent danger of medications, which society tends to overlook. Additionally, he suggests that experiencing and overcoming "ordinary misery" can build resilience and adaptability. He referred to this phenomenon as a problematic "fix me" culture that has taken root in society.

Supporting his concern, Pinsky cited Harvard research indicating that 36% of young adults aged 18-25 report anxiety, while 29% claim to suffer from depression. He emphasized the importance of evaluating whether these issues are significantly disrupting daily functions—such as work, social life, sleep, or health—over an extended period. For those facing severe symptoms, such as self-harm thoughts or hallucinations, seeking professional medical evaluation is crucial.

Pinsky concluded by stating that current approaches are flawed as they involve both inadequate and excessive treatment—under-prescribing in some cases while over-prescribing in others. This contradictory approach is detrimental, he asserted.

Dr. Drew Pinsky's remarks highlight a critical debate on the balance between recognizing genuine mental health issues and acknowledging natural emotional struggles.