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**FEAR OF SEEING A PSYCHOLOGIST**  
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**Relevance.** The fear of seeing a psychologist is a significant issue that can prevent individuals from getting much-needed mental health support. People may have fear of starting therapy for many reasons, including social stigma and negative past experiences, but seeking support is an important step that helps people lead happier, healthier, more satisfying lives. Overcoming this problem can contribute to personal growth and a better life.

**Aim:** to identify causes and consequences of fear of visiting a psychologist, to find ways to overcome this feeling.

**Materials and methods.** Scientific articles and online resources were analyzed and summarized. For a detailed study of this issue the survey among students of BSMU was carried out.

**Results and their discussion.** According to the results of a survey among medical students, 24,4% of them believe that they have psychological problems, 56,1% of respondents may have them, 14,6% do not have them, and 3% do not know. The majority (78%) consider the problem of psychological health to be relevant nowadays. Fewer people (19,5%) find it difficult to answer and only 2,5% of medical students deny the relevance of this problem. 22% of the survey participants consulted a psychologist at least once in their lives, 75,6% of students have never visited a psychologist, and 2,4% do not know. Of the students who consulted a psychologist, 31,8% think that the specialist helped them, 27,3% believe the opposite, and 40,9% find it difficult to answer. 19,5% have prejudices against psychologists, 63,4% have no prejudices, 17,1% do not know. 19,5% of respondents are afraid of going to a psychologist, 65,9% are not afraid, 14,6% do not know. The students who are afraid of seeing a psychologist name the following reasons in their answers: lack of emotional connection with a specialist, the risk of spreading confidential information, and it is also considered strange to express your emotions to a stranger.

**Conclusion.** The fear of visiting a psychologist is a common barrier that many individuals face when seeking mental health support. A study conducted among medical students shows that this problem exists in young people. On the one hand, a minority of respondents are afraid to visit a psychologist, but on the other hand, most respondents consider it important to take care of their mental health. Overcoming the fear of therapy is essential for people to receive the necessary help and support to improve their mental and emotional well-being. It can be achieved by destigmatizing therapy and promoting open conversations about mental health.