

Guide to Mental Health Professionals

Getting help for mental, emotional, spiritual, or relationship issues can be difficult and confusing. Here's a brief overview of the types of professionals who can help you and their areas of expertise.

Psychiatrist

Medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses. Like other physicians, psychiatrists are qualified to prescribe medication. Qualifications: state license; board eligible or board certified by the American Board of Psychiatry and Neurology.

Child/Adolescent Psychiatrist

Medical doctor with special training in the diagnosis and treatment of emotional and behavioral problems in children. Child/Adolescent psychiatrists are qualified to prescribe medication. Qualifications: state license; board eligible or certified by the American Board of Psychiatry and Neurology.

Psychologist

Psychologist with a doctoral degree in psychology from an accredited/designated doctoral program in psychology and two years of supervised professional experience, including a yearlong internship from an approved internship. Trained to make diagnoses and provide individual and group therapy. Qualifications: state license, may be certified by the American Board of Professional Psychology, and/or credentialed as a health service provider in psychology.

Clinical Social Worker

Counselor with a master's degree in social work from an accredited graduate program. Trained to diagnose and provide individual and group counseling. Qualifications: state license; may be member of the Academy of Certified Social Workers.

Licensed Professional Counselor

Counselor with a master's degree in psychology, counseling or a related field. Trained to diagnose and provide individual and group counseling. Qualifications: state license

Mental Health Counselor

Counselor with a master's degree and several years of supervised clinical work experience. Trained to diagnose and provide individual and group counseling. Qualifications: state license; certified by the National Academy of Certified Clinical Mental Health Counselors.

Physician's Assistant/Nurse Practitioner

These professionals commonly work with a medical professional to provide counseling and/or medication management for mental health problems.