



## Mental Health Minute

To increase public awareness about mental health issues, the Mental Health Association is running a series of 8 articles on mental illness.

### Which Mental Health Professional Is Right For Me?

There are many types of mental health professionals. Finding the right one for you may require some research. Often it is a good idea to first describe the symptoms and/or problems to your family physician or clergy. He or she can suggest the type of mental health professional you should call.

#### Types of Mental Health Professionals:

**Psychiatrist** - medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses. Like other doctors, psychiatrists are qualified to prescribe medication. *Qualifications:* should have a state license and be board eligible or 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:* should have a state license and be board eligible or certified by the American Board of Psychiatry and Neurology.

**Psychologist** - Counselor with an advanced degree from an accredited graduate program in psychology, and 2 or more years of supervised work experience. Trained to make diagnoses and provide individual and group therapy. *Qualifications:* a state license.

**Clinical Social Worker** - Counselor with a masters degree in social work from an accredited graduate program. Trained to make diagnoses 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 masters 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 masters degree and several years of supervised clinical work experience. Trained to diagnose and provide individual and group counseling. *Qualifications:* certification by the National Academy of Certified Clinical Mental Health Counselors.

**Certified Alcohol and Drug Abuse Counselor** - Counselor with specific clinical training in alcohol and drug abuse. Trained to diagnose and provide individual and group counseling. *Qualifications:* state license

**Nurse Psychotherapist** - A registered nurse who is trained in the practice of psychiatric and mental health nursing. Trained to diagnose and provide individual and group counseling. *Qualifications:* certification, state license.

**Marital and Family Therapist**- A counselor with a masters degree, with special education and training in marital and family therapy. Trained to diagnose and provide individual and group counseling. *Qualifications:* state license

**Pastoral Counselor** - Clergy with training in clinical pastoral education Trained to diagnose and provide individual and group counseling. *Qualifications:* Certification from American Association of Pastoral Counselors.

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