

Counselors, Therapists & Psychologists, *Oh my!*

Who to Choose

Choosing to seek mental health services is the first step to working on mental health and emotional wellness. The next step is choosing a mental health professional, so how to choose?

The Right Fit!

Understanding the differences between licenses can help you feel more comfortable reaching out to a professional. The license reflects the professional training received by the professional to treat mental health conditions and help people achieve their personal growth goals.

It's more important to find a therapist who uses methods that suit your needs. Seeking a provider who has experience working with clients like you is more important than what license they hold.

Types of Providers

A counselor is someone who usually offers short term care and helps you figure out how to deal with situations that are in the future.

A therapist is someone who usually offers long term care and care can be more focused on working through past experiences.

A psychiatrist is someone who can prescribe medications and administer tests to help determine a mental illness. They are a medical doctor.

A psychologist is someone who can also diagnose and treat a mental illness, but with behavioral intervention instead of medication.

A social worker is someone who helps you identify your needs and goals. They are trained to connect you with the services available in your community who can get you the help you need to meet your needs/goals.

Decoding Degrees

- Licensed professional counselors (LPCs)
- Licensed mental health counselors (LMHCs)
- Licensed marriage and family therapists (LMFTs)
- Licensed clinical social workers (LCSWs)
- Psychologists (PhDs or PsyDs)
- Psychiatrists (MDs or DOs)