

# MENTAL HEALTH PROFESSIONALS

## Assessment & Therapy

There are many different types of mental health professionals out there. Therapists can help someone better understand and cope with thoughts, feelings, and behaviors. They can also provide guidance and help improve a person's ability to achieve certain goals. These are a list of mental health professionals that may also help assess and diagnose mental health conditions: Psychologists, Counselors, Clinicians, Therapists, and Clinical Social Workers.<sup>1</sup>



## Prescribe & Monitor Medication

The following mental health professionals can prescribe medication. They may also offer assessments, diagnoses, and therapy. These include: Psychiatrists, Psychiatric or Mental Health Nurse Practitioners, Primary Care Physicians, Family Nurse Practitioners, and Psychiatric Pharmacists.<sup>1</sup>



## Other Professionals

the following are other mental health professionals that you may encounter during your mental health journey: certified peer specialist, social workers, and pastoral counselors.<sup>1</sup> Check out the website linked below for a more comprehensive description on all of the mental health professionals listed above! <https://www.nami.org/About-Mental-Illness/Treatments/Types-of-Mental-Health-Professionals>

