

Types of Mental Health Professionals

All three categories are **mental health professionals** but offer different specialties and training!

2-3 years of school focused

on mental health

M.A., MSW, MMFT, or M.S. degree Provide therapy

MENTAL HEALTH PROFESSIONALS 5+ years of school

Provide psychological testing

Psy.D. or Ph.D. degree

Medical M.D. or D.O. training degree

All three professionals can provide a mental health diagnosis.

Therapists are specifically trained in mental health therapy. They typically do not prescribe medication or do psychological testing.

Psychologists are trained in therapy and psychological testing. They typically do not prescribe medication. Most psychologists are also therapists, but some only offer psychological testing.

Psychiatrists are medical doctors who specialize in mental health. They prescribe medication but usually don't do much therapy with clients.

Can prescribe medication