

Mental Health Professionals



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There are many mental health care professionals who can help you reach your recovery goals. It is important to know about their roles. If you have insurance, your plan needs to connect you with the services you need. If one doctor does not accept your insurance, they are required by law to help you find another. Talk with your insurance provider to learn more.

Prescribe and Monitor Medication

These professionals prescribe medicine:

- **Primary Care Physicians and pediatricians**, but it may be better to talk with someone who specializes in mental health. Primary care and mental health professionals should work together to find the best treatment plan for a person.
- **Psychiatrists**. They can also give counseling and provide therapy. Some have special training in children, young adult, or senior mental health, or substance abuse disorders.
- **Physician assistants or nurse practitioners**.

Therapy and Assessment

These professionals can provide individual or group therapy.

- **Therapists** help persons understand and manage their thoughts, feelings and behaviors.
- **Clinical Psychologists**. Some have specific in cognitive behavioral therapy (CBT), dialectical behavior therapy, or other behavioral therapies.
- **Psychiatric or Mental Health Nurses**.
- **School Psychologists**. They work with parents, teachers and school staff to make sure the school environment is safe and healthy. They can help make individualized education plans (IEP).

Counseling

These professionals help with life skills which lead to better ways of thinking and living. They can give individual or group counseling.

- **Clinical Social Workers**.
- **Counselors**. They may focus on specific areas such as mental health, alcohol and drug abuse, marriage and family relationships.
- **Pastoral Counselors** are clergy members who are trained to give counseling.
- **Peer Specialists** have their own experience with a mental health condition or substance abuse disorder. They are trained and ready to support someone with recovery by helping them set goals.
- **Social Workers** (B.A. or B.S.) provide case management, give support to those leaving the hospital, and connect people other services to support healthy living.