



Mental Health Help Through Professionals

Who are mental health professionals?

There are several ways to get mental health help. One way is through mental health professionals. Seeking help from mental health professionals is nothing to be embarrassed about. Keep in mind that when you get help from mental health professionals, everything is kept confidential.

Mental health professionals can treat mental health issues through therapy, medication, or both. Mental Health professionals don't always have to be medical professionals.

Mental Health Professionals

Mental Health Professionals that can diagnose disorders are Psychologists, Counselors, Therapists, Clinical Social Workers, and Clinicians.

Mental health professionals that can prescribe medication and therapy include Primary Care Physicians, Psychiatric Pharmacists or Mental Health Nurse Practitioners.

There are other professionals in your community that you can refer to for mental health help. At school, you can talk to your counselor. If you don't have a counselor at your school, speak to a trusted adult about getting professional help.

