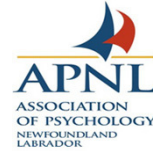
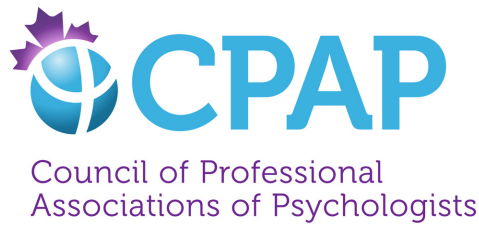


## WHY SHOULD I KNOW THE DIFFERENCES?

Knowing how psychologists, psychiatrists, and counsellors differ from one another is important because all three professionals offer different types of services based on their training and experiences.

Being informed about the key differences between professionals is important because it will help you determine which professional to seek support from to achieve the improvements that you seek.

In short, by knowing which professionals provide which types of services you can make a fully informed decision about whom to seek support from so that you can achieve your goals in the most efficient and effective way possible.



## MENTAL HEALTH PROFESSIONALS



## WHO SHOULD I SEE?

# The Psychiatrist



## PHYSICIAN:

Has a **Doctor of Medicine** degree and specializes in diagnosing and treating mental health issues.

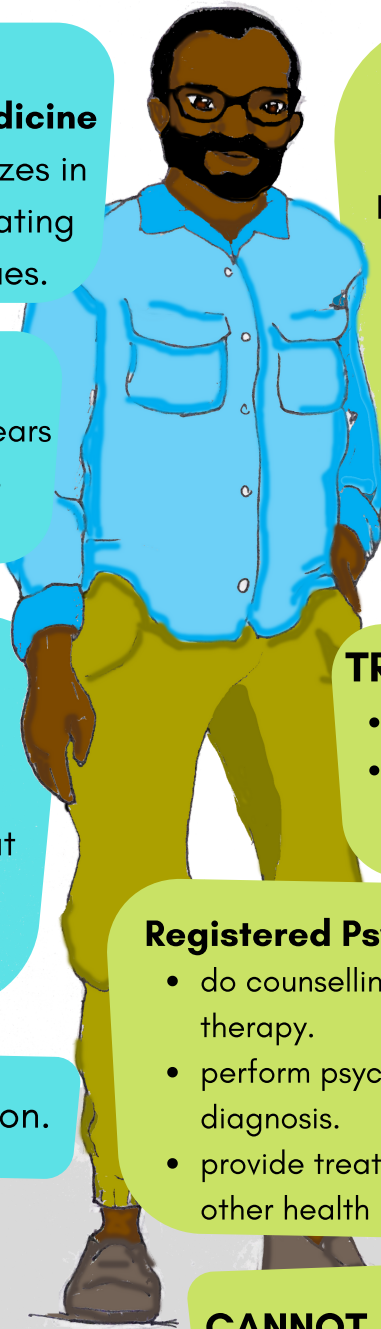
## TRAINING:

- **Medical school:** 4 years
- **Residency:** 4-5 years

**CAN** differentiate mental health issues from other underlying medical conditions that could present with psychiatric symptoms.

**CAN** prescribe medication.

# The Psychologist



Has a **Doctor of Philosophy (PhD)** in psychology, or **Doctor of Psychology (PsyD)** degree and specializes in understanding human behaviour and treating mental health issues.

In some jurisdictions, there are psychologists with a Master's degree.

## TRAINING:

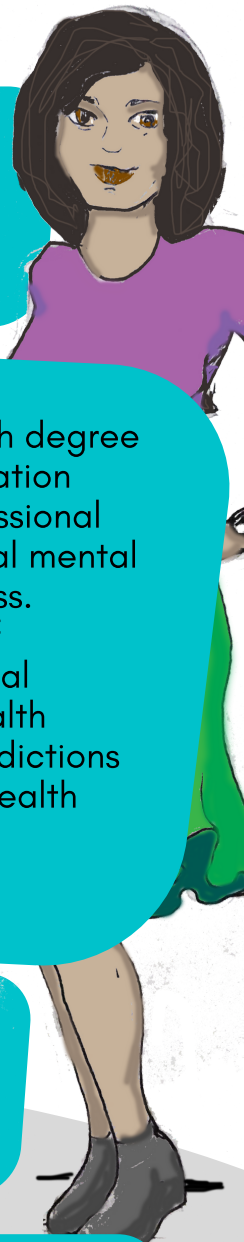
- **Graduate school:** 4-8 years
- **Residency and Supervised Practice:** 2-3 years

## Registered Psychologists CAN:

- do counselling and evidenced-based therapy.
- perform psychological testing and diagnosis.
- provide treatment for mental health and other health related issues.

**CANNOT** prescribe medications.

# The Mental Health Counsellor



Has a **Bachelors or Masters degree** in psychology, counselling, or a related field.

## TRAINING:

At present, there is a high degree of variability in the education level, training, and professional experience that individual mental health counsellors possess. Further, there is a lack of consistency in professional standards for mental health counsellors. In many jurisdictions across Canada mental health counsellors are not professionally regulated.

**CAN** evaluate and treat mental issues by providing counselling or psychotherapy.

## CANNOT

- perform psychological testing and diagnosis.
- Prescribe medication