

# Choose the right therapist for you



Are you experiencing symptoms of a mental illness? Do you have a family history of mental disorders?

YOU MIGHT WANT TO TRY A:



Are you struggling with your mental health? Want to better understand what's happening?

YOU MIGHT WANT TO TRY A:



Are you dealing with physical or sensory issues, like getting dressed? Want help creating a plan?

YOU MIGHT WANT TO TRY A:

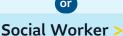
Occupational Therapist >



Dealing with stress or relationship issues in everyday life and need to talk?

YOU MIGHT WANT TO TRY A:

Psychotherapist and Mental Health Counsellor >



Learn about the professionals who could support you.

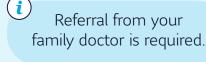




**Psychiatrist** 



Medical degree and extra training in psychiatry





### Specialization:

Physicians who treat mental disorders.

My skills and qualifications



#### **Treatment:**

Can prescribe medicine.



**Psychologist** 



PhD and/or master's degree\*





# **Specialization:**

Evaluate, diagnose, and treat mental health disorders.

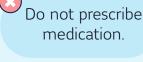


Provincial health

insurance covers.

# Treatment:

Assessment instruments or psychometric tests.



Private health benefits may cover costs. Provincial health insurance may cover costs.\*

\*Some provinces require a PhD. \*\*If accessed through public settings; local clinics and hospitals.





#### **Training:** Bachelor's

degree and/or master's degree\*



### Specialization: Help people within the context

of their community, family and other environments.



#### **Treatment:** Psychotherapy,

case management.



mental illnesses or prescribe medication.

Do not diagnose



cover costs. Provincial health insurance may cover costs.\*

Private health benefits may

\*\*If accessed through health care centres and agencies.

\*Some provinces require a master's degree.



**Occupational Therapist** 



Master of Science in Occupational Therapy

Bachelor of Science or



# Help overcome

everyday life challenges.



#### **Treatment:** Coaching and case

management.





Practicum experience.



or prescribe medication.

Do not diagnose mental illnesses

(i)

Provincial health insurance may cover costs.

\*Depends on the provincial health insurance plan.





master's degree



Do not diagnose mental illnesses

# mental health

professionals to support your mental health.



#### Psychotherapy and clinical

counselling. Private health benefits

may cover costs.





