

# 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:

Psychiatrist >

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

YOU MIGHT WANT TO TRY A:

Psychologist >

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 >

or

Social Worker >

Learn about the professionals who could support you.

Hi, I'm a

My skills and qualifications



Psychiatrist



**Training:** Medical degree and extra training in psychiatry



**Specialization:** Physicians who treat mental disorders.



**Treatment:** Can prescribe medicine.



Referral from your family doctor is required.



Provincial health insurance covers.



Psychologist



**Training:** PhD and/or master's degree\*



**Specialization:** Evaluate, diagnose, and treat mental health disorders.



**Treatment:** Assessment instruments or psychometric tests.



Do not prescribe medication.



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.



Social Worker



**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.



Do not diagnose mental illnesses or prescribe medication.



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

\*Some provinces require a master's degree.

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



Occupational Therapist



**Training:** Bachelor of Science or Master of Science in Occupational Therapy



**Specialization:** Help overcome everyday life challenges.



**Treatment:** Coaching and case management.



Practicum experience.



Do not diagnose mental illnesses or prescribe medication.



Provincial health insurance may cover costs.\*

\*Depends on the provincial health insurance plan.



Psychotherapist and Mental Health Counsellor



**Training:** Bachelor or master's degree



**Specialization:** mental health professionals to support your mental health.



**Treatment:** Psychotherapy and clinical counselling.



Do not diagnose mental illnesses or prescribe medication.



Private health benefits may cover costs.



Find the right therapist for you.