

SEEKING HELP

Types of professional help

The definitions and qualifications of mental health professionals may vary by country, but generally speaking, the main types of mental health professionals include the following. Write down your understanding of each.

| | |
|----------------------|--|
| Psychiatrist | |
| Psychologist | |
| Counsellor | |
| Coaches | |
| Teachers and Healers | |

SEEKING HELP

Types of professional help

JOURNAL

Reflect on the experiences you have had (if any) with each of the 5 types of professionals listed above.