

MENTAL HEALTH PROVIDERS

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MENTAL HEALTH SERVICES



Prescriber

Examples: Primary Care Doctor, Nurse, Physician Assistant, or Psychiatrist

- Prescribes the medication you need
- Checks to see if your medication is helpful



Therapist or Counselor

Examples: Mental Health Counselor

- Meets with you alone, with a group, or with your family
- Talks to you about your thoughts and feelings
- Helps you learn and practice coping skills like deep breathing



Crisis Response Teams

Examples: Mobile Crisis Teams, Emergency Room, or someone at your doctor's or therapist's office

- A crisis is when you are very upset and need help right away
- Helps you when you have a mental health crisis
- Helps you get help right away