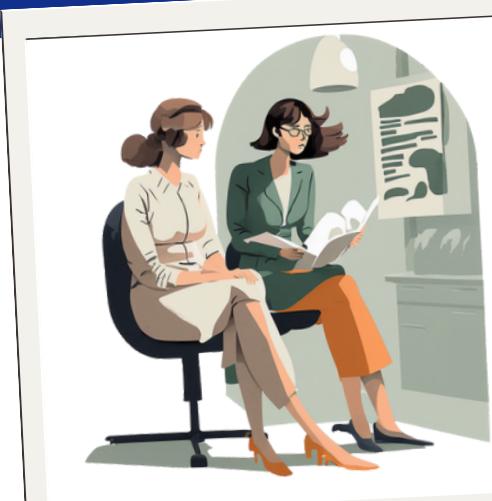


WHO'S WHO IN MENTAL HEALTH CARE

If you or someone close to you has been experiencing psychological problems for a long time, it is really important to seek appropriate support and treatment. There are a number of mental health professionals, each with a different name, and they also differ in the type of support they provide. Therefore, it's perfectly normal not to know who you should contact with particular problems or what to expect from a meeting. Here is a brief overview to help you distinguish between the different professionals who can help you if you need it:



Psychiatrist



Clinical psychologist

A psychiatrist is a doctor who specializes in the diagnosis and treatment of mental illness. He or she performs psychiatric examinations, assesses and establishes a psychiatric diagnosis, and suggests appropriate forms of treatment or its application. If necessary, he prescribes medication and, if they have psychotherapeutic training, they may also provide psychotherapy. Visits to a psychiatrist tend to be single appointments with follow-ups, same as with a general practitioner. When you see a psychiatrist, there is no physical examination. They will ask you questions about how you are feeling and what is bothering you so that they can provide you with the treatment or other form of support you need.

A clinical psychologist specialises in working in a medical environment with people with mental health problems and/or psychiatric diagnoses. They may work in many different areas of healthcare, where they are primarily entitled to carry out specialized psychodiagnostic work, counselling and psychotherapy. A clinical psychologist will talk to you about what is bothering you, ask you a series of questions and then suggest next steps and a plan of help.



Psychologist

A **psychologist** has a degree in Psychology (studied at a philosophical or pedagogical faculty). Psychologists are employed in many fields - in education, prisons, traffic psychology, occupational psychology, marketing, etc. If they have psychotherapeutic training, they can also provide psychotherapy.



Psychotherapist

A **psychotherapist** is a professional who focuses on long-term support and collaboration. Psychotherapy is an independent discipline that can be practised by a university-educated professional with at least a master's degree, for which they must complete extensive psychotherapeutic training.

Psychotherapeutic help is based on talking about things that are bothering you and sharing emotions and feelings in a safe environment. The first session focuses on what the client expects from therapy and how the next session may proceed. You may have regular appointments with your psychotherapist - usually once a week or once every 14 days.

Psychotherapy:

- can be covered by direct payment by the client or by the insurance company
- can be long-term or short-term in the event of an acute crisis
- can take place in person or online
- underage clients need the consent of a legal guardian