



# Seeking Professional Help: Finding the Right Mental Health Provider for You

Making the decision to seek professional help can be a difficult one. But if the problems in your life are stopping you from feeling good or functioning well, a mental health professional may help you get your life back on track.

Where to start?

**Choosing the right provider is important to your success in treatment.** Interacting with a provider you feel comfortable with, and who shares similar values, will help support an effective therapeutic partnership.

The CDPHP behavioral health network includes many types of mental health providers. View the choices available to you by going to Find-A-Doc at [www.cdphp.com](http://www.cdphp.com). The individual best suited to assist you will depend upon your concern or condition.

## Types of Mental Health Professionals

- ▶ **Licensed Mental Health Counselor (LMHC):** Trained in mental health, these professionals offer both individual and group therapy.
- ▶ **Clinical Social Worker (CSW, LCSW):** With specialized training in mental health, a clinical social worker can provide counseling services and may be able to refer you to other support services within the community.
- ▶ **Psychiatrist (MD):** A medical doctor who specializes in mental health, a psychiatrist can prescribe medication if needed. Some psychiatrists only manage the medication management and may refer you to another practitioner for counseling. An NPP (nurse practitioner, psychiatric) may also be able to prescribe medications, in addition to providing mental health counseling.
- ▶ **Psychologist (PhD or PsyD):** These providers counsel those with emotional difficulties, either individually or in a group setting. They are also licensed to test for developmental and neurological disorders.

## Get Connected

Although most mental health providers can treat a variety of issues, a provider with a specialized focus may be better suited to address your concerns. If you would like some guidance on selecting the right provider for you, CDPHP is here to help! Just call the CDPHP Behavioral Health Access Center toll-free at **1-888-320-9584**. We will help you connect with the provider who best meets your treatment needs.

Call **1-888-320-9584** for guidance.

