


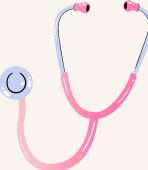


Counselor, Therapist, Psychologist, Psychiatrist: What's the Difference?

Finding the right mental health professional can feel overwhelming because you have several options. Each type of professional offers **different kinds of support**, and it's important to find someone who fits **your unique needs**.

The good news is that all of these professionals are here to help you on your mental health journey. This guide breaks down the differences between them, so you can **feel confident in picking the right person to support you**.

Professional	Focus	Approach	Role	Credentials
 Counselor	Specific life challenges, like grief, marriage issues, or substance abuse	Short-term, solution-focused, and goal-oriented, does offer long-term support when needed	Provides practical strategies and resources, does not diagnose mental health conditions	Licensed Mental Health Counselor (LMHC), Licensed Professional Counselor (LPC)
 Therapist	Broader emotional and behavioral problems	Provides psychotherapy to diagnose and treat mental health concerns	Offers long-term emotional support and therapeutic interventions	Licensed Clinical Social Worker (LCSW), Licensed Marriage and Family Therapist (LMFT)
 Psychologist	More severe or long-term mental health issues	Uses psychotherapy and evidence-based treatments	Diagnoses and treats mental illnesses, performs psychological testing	Doctorate in psychology (PhD or PsyD)
 Psychiatrist	Medical treatment of mental health conditions	Focuses on medication management that may be combined with psychotherapy	Diagnoses, prescribes medication, often works with other professionals for comprehensive care	Medical doctor specializing in psychiatry (MD or DO)

All mental health professionals share these important qualities:

- State-licensed to practice
- Hold at least a master's degree
- Use psychology-based techniques

The **most important** thing is finding someone you're comfortable with long-term.

Contact us [HERE](#) for a free consultation.

Phoenix Within Mental Health Counseling