BlueResource^SM – Emotional Wellbeing – Finding Help for Mental Health Issues

Choose the Right Expert

Wellbeing embraces physical and mental health. Psychologists and psychiatrists are devoted to mental health concerns. Their expert help makes a positive difference in the lives of many. Still, it can be hard to know when to see whom. What are the differences between the two?

Psychologists

- Look at mental and social factors that drive people's actions
- Help patients heal from trauma
- Use talk and behavior therapy
- Have a doctoral degree (Ph.D.) in psychology
- Treat conditions such as stress, depression, anxiety and trauma

Psychiatrists

- Examine ways biology plays a role in mental health
- Diagnose and treat many mental health disorders
- Prescribe medication as part of treatment
- Are medical doctors who specialize in psychiatry
- Treat conditions such as bipolar disorder and schizophrenia

Reach out for help when you're struggling with a mental health issue.