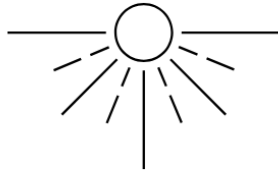


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Who Does What in Mental Health?

A guide to therapists, medical providers, coaches,
and their training.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

FINDING SUPPORT

Begin where you are.

Finding care is easier when you understand who does what. This guide explains common professional roles and gives you questions to help match the kind of support you need with the person providing it.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 69

Assessment and family care with Dr. Staci Weiner

Hear a discussion that includes psychological assessment and family needs.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

FINDING SUPPORT

Understanding the topic

Medical and psychological care

Professional roles vary by country. In the U.S., psychiatrists are medical doctors who can prescribe medication. Psychologists may provide assessment, testing, and therapy; clinical and counseling psychologists typically have doctoral training. Psychiatric nurse practitioners can assess, treat, and prescribe within local rules. Some jurisdictions also allow prescribing by specially trained psychologists.

Counseling and relationship care

LMHC (Licensed Mental Health Counselor), LPC (Licensed Professional Counselor), LMFT (Licensed Marriage and Family Therapist), and LCSW (Licensed Clinical Social Worker) are therapy license titles. Each can offer therapy within their training and legal scope. Titles and rules vary by location. Ask what the person can help you with.

Other kinds of support

Coaches often help with goals and habits. The title coach does not mean someone has a mental health license. Pastors and peer supporters offer other kinds of help. An intern or associate may provide therapy with a supervisor. Ask who guides and is responsible for their work.

Research and perspective

National Alliance on Mental Illness and the American Psychiatric Association describe the roles above. A degree, certification, license, and specialty training are different things. Verify current credentials with the relevant licensing board.

Who can help if I am unsure which professional I need?

A primary-care clinician or local mental health service can be a starting point. Describe what is affecting your life and ask whether therapy, medical assessment, psychological testing, or another service might help clarify your needs. Availability and referral routes depend on your location.

FINDING SUPPORT

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

Do I need therapy, a medication discussion, testing, practical support, or help deciding?

What do I want to understand about a provider's training?

Would coordinated care be useful?

Questions for a conversation

What is your license type and number?

What services are you qualified to provide?

Are you supervised, and how does that work?

Ask for the full professional title, license, and relevant experience. Florida readers can use the state verification link; elsewhere, use the local licensing authority.

FINDING SUPPORT

Keep learning. Find support.

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

[1. National Alliance on Mental Illness: Types of mental health professionals](#)

[2. American Psychiatric Association: What is psychiatry?](#)

[3. Florida Department of Health: Verify a license](#)

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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