



Career Guide

Mental Health Professionals

Profession Description

Mental Health Professionals work with patients on behaviors that can impact their mental and emotional health. They often have a strong interest in human behavior and the brain to help support the overall well-being of others. In the workforce, mental health professionals can often be found collaborating with many other professions and can work in a variety of different settings including research, business, clinical, and legal to name a few.

Academic Requirements

- Earn a bachelor's degree
- Earn a master's degree: Counseling Psychology, Social Work
- Earn a PsyD or PhD

Professional Associations

- American Psychological Association (APA)
- Association for Psychological Science (APS)
- National Association of School Psychologists (NASP)

Related Fields

- Psychologist
- Psychiatrist
- Therapist
- Social Worker
- Human Resources

Further Resources

- National Alliance on Mental Illness Types of Mental Health Professions (<https://www.nami.org//About-Mental-Illness/Treatments/Types-of-Mental-Health-Professionals>)
- Glass Door (<https://www.glassdoor.com/index.htm>)
- Bureau of Labor Statistics (<https://www.bls.gov/>)
- Explore Health Careers (<https://explorehealthcareers.org/>)
- NU Career Guides (<https://careers.northeastern.edu/group/career-guides/>)