

# Role of Psychologists in Mental Health



Mental Health can be understood as a state of well-being that helps people in all aspects of their lives. Additionally, it also helps in coping with daily stressors of life and contributes to the community. Mental Health helps individuals in their personal, social, occupational, and spiritual lives, which further enables them to make decisions, solve problems, and function in a healthy manner.

The American Psychiatric Association (APA) defines Mental Illness as “health conditions involving changes in emotion, thinking or behavior (or a combination of these).” Mental Illness is a common condition that can affect anyone at any time. The symptoms can range from mild to severe and leave a significant impact on an individual’s life.

As you read the blog till the end, you will understand more about mental illness, the symptoms, which mental health professionals are, and how psychological treatment works. If you or anyone you know is facing mental health problems, then please reach out to a Mental Health Therapist and start your journey towards a healthy and functioning life.

## Who are Psychologists?

A psychologist is a mental health professional who is trained in helping individuals facing mental health challenges. A trained mental health professional understands the emotional, cognitive, and social processes of their client and aims at getting to the root cause of a maladaptive behavior. There are various types of psychologists who specialize in different areas of mental Health. These include:

- Counseling psychologist
- Community Psychologist
- Health Psychologist
- Clinical Psychologist
- Neuropsychologist
- Forensic Psychologist
- Military Psychologist
- Sports Psychologist
- Organizational Psychologists

Above mentioned are some types of psychologists who help people with different types of challenges. For example, a clinical psychologist helps in diagnosing [mental health disorders](#) like Autism, Depression, Obsessive Compulsive Disorder, and more. Whereas a Counseling Psychologist helps a client manage their daily life stressors, emotional difficulties, relationship problems, and more.

All psychologists first evaluate the client's symptoms and condition and then formulate a treatment plan. It is important to understand that the symptoms of every client may differ; therefore, proper diagnosis and assessment are essential in every case. For example, someone suffering from Depression may get better by just attending counseling sessions, while another person with Depression may require medications to manage the symptoms.

## What are the signs of Mental Illness?

As discussed above, mental illness is a condition that affects a person's thinking, behavior, mood, etc. There are various mental disorders, and each differs in terms of severity and

symptoms—for example, Schizophrenia, Anxiety, Eating Disorders, Language Disorders, ADHD, and more.

But how do we know that we might have a mental disorder? To understand disorders clearly, detailed diagnostic criteria are studied by mental health professionals like [Clinical Psychologists](#) and psychiatrists. So, for now, let's read some common symptoms that an individual may display:

- Feeling Sad or Upset without a known cause
- Reduced concentration
- Unable to make decisions
- Feelings of guilt or fear
- Having low energy most of the time
- Sudden anger, violence, or hostility outbursts
- Thinking of suicide or indulging in self-harm
- Inability to enjoy things that they used to
- Changes in sleep or eating habits (too much or little)
- Hallucinations or Delusions
- Uncontrollable crying

These are a few symptoms that an individual with mental illness may experience in the beginning. When these symptoms start affecting the personal, social, occupational, and spiritual aspects of a person's life, they may be termed as mental health disorders.

Apart from the mental symptoms mentioned above, some individuals may also experience physical symptoms. These include stomach pain, frequent headaches, back pain, sweating, and unexplained pains.

## How can a Psychologist Help?

A psychologist plays a crucial role in improving a client's mental health condition. The responsibilities of a mental health professional include:

- **Diagnosis:** It is important to understand the nature of the client's mental health issues in order to formulate an effective psychological treatment plan. That is why a proper psychological test or a counseling session is done first to identify the symptoms and condition and how it affects the individuals.
- **Psychological Treatment:** The therapist and client work together as a team to create an intervention plan for the client. This plan is formulated after discussing the needs of the client and what are the areas that require improvement. In this step, goals for therapy and duration of sessions are also discussed.

- **Psychotherapy:** Commonly known as talk therapy, it has several different approaches, which include different techniques and strategies. Every therapist has their own way of providing therapy sessions, and some may have specializations, too. For example, some therapists may use the eclectic approach; some may choose Cognitive Behavior Therapy and more.
- **Monitoring:** A therapist does not only provide therapy to the client but also keeps a check on whether it's helping the client or not. This is done by tracking the progress of the client by assessing the behavior and feelings of the client. Keeping a check on whether the therapy is effective or not is an essential part of the treatment plan.
- **Guidance:** The psychotherapist offers trust, unconditional positive regard, emotional support, encouragement, and guidance. Additionally, the client also learns coping strategies from the therapist that they use in their daily life. The client develops resilience, confidence, self-esteem, and more, which helps them in their mental health journey.
- **Client Education:** Along with psychotherapy, the mental health professional also educates the client about mental health conditions, symptoms, root causes, and treatments. The client learns about the importance of self-care, a healthy lifestyle, and overall mental and physical well-being.

## Conclusion

The role of a therapist is beyond providing therapy, as the client takes away insight, awareness, and various coping techniques. Everyone in their life experiences anxiety and stress, but it's essential to seek help when the symptoms get in between our day-to-day activities. So, without feeling ashamed or shy, contact [Reflect Within](#) today and book your first session with a mental health expert.