

DOCTOR?

COUNSELLOR?

PSYCHOLOGIST?

MENTOR?

COACH?

PSYCHIATRIST?

PSYCHOTHERAPIST?

WHERE DO YOU START

HR?

CONSULTANT?

When You Need Help?



SWIPE LEFT

It can be tricky to know where to start when you want advice or you want to make a change in your life...

There's a lot of advice online from websites, mobile apps, social media influencers and people calling themselves 'coaches' or 'healers' without professional training.

One of the most popular questions we are asked is 'who do I go to when I need help with making a life change or improving my emotional wellbeing?'.

We thought it would be useful to break down – into simple terms – what the difference is between these various 'helping professionals'.

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Please note: we are not health professionals. When it comes to your wellbeing there is not a 'one size fits all' approach. If you need assistance with your physical or mental health, please talk with your doctor, or text or call a free help line (e.g. 1737) or call 111 in an emergency.
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Intentional
Generations

'TAPS' MODEL

ASK

COUNSELLING

COACHING

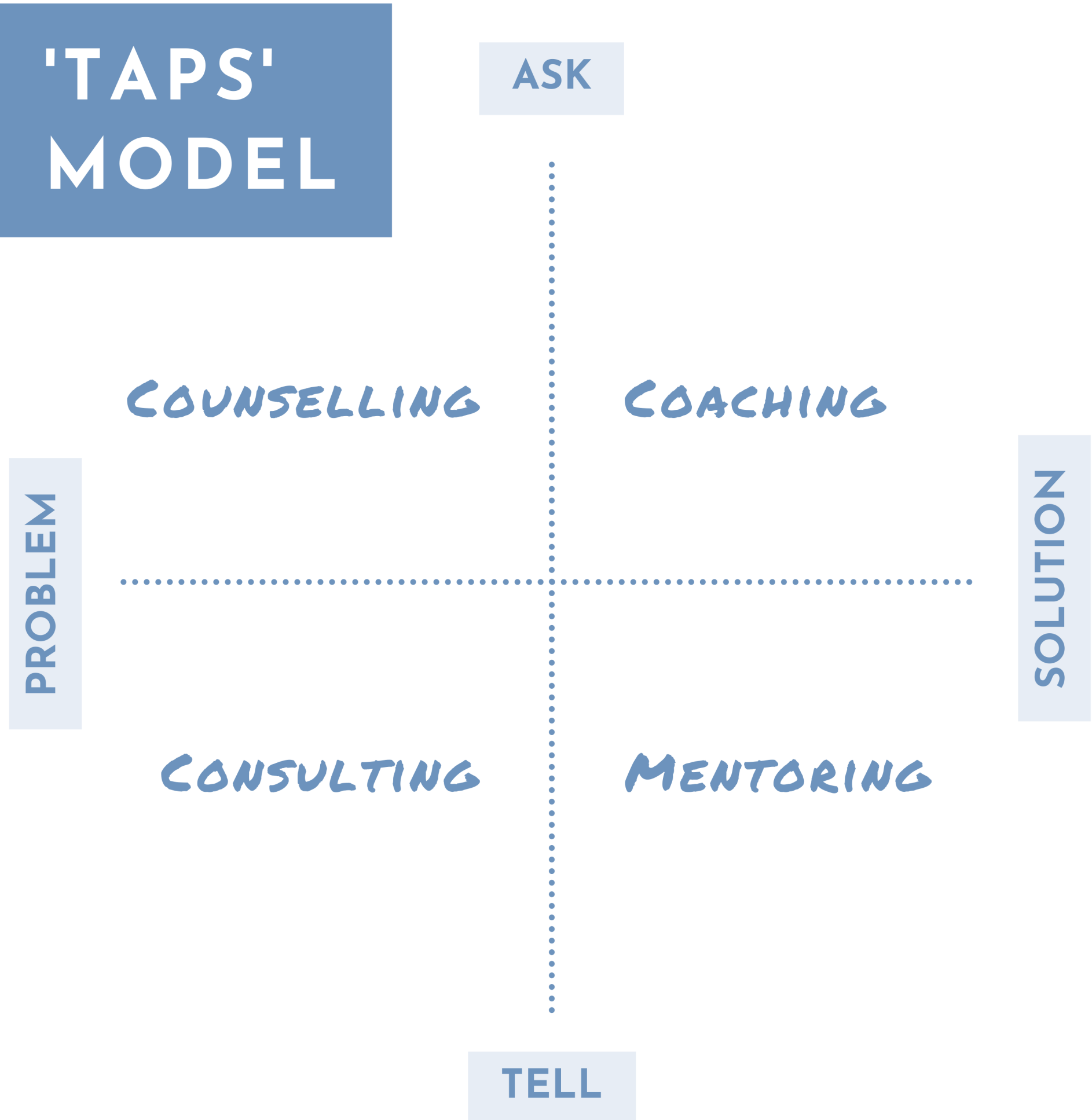
PROBLEM

SOLUTION

CONSULTING

MENTORING

TELL



'TAPS' MODEL

ASK

PSYCHOTHERAPIST

PSYCHIATRIST | PSYCHOLOGIST

COUNSELLING

COUNSELLOR | DOCTOR

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COACHING

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Generations

A Counsellor / Therapist

Counsellors/Therapists are trained in life advising and supporting clients to come up with viable solutions to problems that cause them emotional distress. They are great at growing communication, coping, self-esteem, and promoting positive behaviour.

A Psychologist

A psychologist is someone who specialises in the study of mind and behaviour, or in the treatment of mental, emotional and behavioural disorders. They aim to reduce psychological distress and promote psychological wellbeing.

Psychology is the study of people: how they think, how they act, react and interact. It's concerned with all aspects of behaviour and the thoughts, feelings and motivation underlying such behaviour.

A Psychiatrist

Psychiatrists are medical doctors who have specialised in psychiatry (the study, diagnosis and treatment of mental illness). They can prescribe medication to assist with their client's mental health and can advise their client's GP about other treatment options.

While some psychiatrists also provide psychotherapy, they are, however, more likely to refer you to a counsellor, a psychotherapist or a psychologist.

Psychiatry is the study of mental health problems and their diagnosis, management and prevention. Psychiatrists are medical doctors who have qualified in psychiatry.

A Psychotherapist

A psychotherapist helps people to overcome stress, emotional and relationship problems or troublesome habits. It is an effective choice to alleviate mental and emotional pain for depression, anxiety and the lasting effects of trauma and early-life stress.

Note: 'trauma' typically refers to the lasting emotional response that often results from living through a distressing event or events. Experiencing a traumatic event can harm a person's sense of safety, sense of self, and ability to regulate emotions and navigate relationships. In recent years the word 'trauma' has been extended by some psychologists to include "lesser traumas", typically referring to any distressing event(s) outside of a person's control.

A Coach

A coach partners with clients to maximise their personal and professional potential. Coaches assist clients to come to their own insights, realisations and decisions by asking specific questions and facilitating an empowering conversation.

Important note: The coach's role is NOT to heal trauma or to mentor or to give advice.*

*TRAUMA TOPICS: see a psychologist, psychiatrist or psychotherapist.

A Mentor

A mentor is someone who has been there and done that – they have achieved the results or outcomes that the client is looking for. Mentors are someone who can guide clients to a shortcut or a path for how they achieved things.

A Consultant

A consultant is a person who provides professional or expert advice in a particular field of science or business to either an organisation or individual.

Experiencing a Mental Health Crisis?

PROFESSIONAL SUPPORT SERVICES (NZ):

www.MentalHealth.org.nz/help

1737 – Need to talk? Free call or text 1737 any time for support from a trained counsellor

Lifeline – 0800 LIFELINE or free text 4357 (HELP)

Youthline – 0800 376 633 or free text 234

www.Health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services

www.TalkingWorks.co.nz

(A great place to find talking professionals)