

Seeking Professional Help

What to expect, who can help and questions to ask.

Who may help?

Professional	Typical role
Psychologist	Psychological assessment and structured talking-based support within qualifications.
Psychiatrist	Medical doctor specializing in mental health who may diagnose and prescribe medicine.
Counsellor	Structured emotional support according to training and professional scope.
General doctor	Assessment of physical and mental-health concerns and referral when needed.

What may happen at a first appointment?

A professional may ask about current concerns, duration, sleep, appetite, daily functioning, physical health, medicines, family support and immediate safety.

Questions to ask

- What are your qualifications and experience?
- Is our conversation confidential?
- When might confidentiality have to be broken for safety?
- What approach will you use?
- What will the service cost?
- What can I do if I do not feel comfortable?

Do not start, stop or change medication based only on online information. Discuss treatment decisions with a qualified prescriber.