


Live better with EAP!



Information & Support



October 2023 

## WHEN TO SEEK THE HELP OF A PSYCHOLOGIST, PSYCHIATRIST OR PSYCHOTHERAPIST?

When we have emotional problems, relationship difficulties or mental health challenges on our path, it is worth seeking help from professionals. However, the question often arises as to who specifically to go to: a psychologist, psychiatrist or psychotherapist? In this article, we will outline the differences between these professions and indicate in which situations it is best to use each professional.

### PSYCHOLOGIST

A psychologist is a person who holds a master's degree in psychology and can specialise in various fields such as clinical, business or child and adolescent psychology. The psychologist's work is based on an interview and the use of psychological tools and tests. This specialist can provide psychological support, diagnose personality, assess cognitive functioning and mental predispositions.

It is a good idea to see a psychologist for ongoing problems that hinder daily functioning. These can include difficulties at work, in marriage, feelings of apathy, discouragement or a sense of loss. A psychologist can also help in situations where we are not sure which specialist can help us. On the basis of the collected history and sometimes psychological tests, the psychologist will diagnose the problem and indicate the appropriate treatment, e.g. recommend starting psychotherapy or seeking psychiatric consultation.

### PSYCHIATRIST

A psychiatrist is a medical doctor who specialises in psychiatry, i.e. the diagnosis and treatment of mental disorders and diseases. They are authorised to make diagnoses, issue sick leave and prescribe medication. Psychiatrists mainly deal with pharmacological treatment. They diagnose the patient based on their history and, in some situations, may also perform physical, laboratory or imaging tests. A psychiatrist may decide to treat a patient in hospital and make a referral for this. There are also situations where compulsory treatment is necessary when a person is a danger to themselves or others and is unable to meet their basic needs in life.

When we have symptoms that are difficult to cope with – we lack the strength to live, feel great anxiety or a sense of resignation, have problems concentrating and sleeping, or experience suicidal thoughts – then it is important to make an appointment with a psychiatrist.



EAP E-MAIL



EAP HELPLINE

### EAP WEBINARS

1. Log on to our portal: [www.myeap24.pl](http://www.myeap24.pl)
  2. Browse through our upcoming webinars and sign up
- Inspire yourself to change for good*





October 2023

We encourage you to read Daniel Goleman's book

[Emotional Intelligence](#)

#### PSYCHOTHERAPIST

A psychotherapist is a person who has completed four years of training in the field of psychotherapy and has obtained the relevant qualification. They do not have to be a doctor or a psychologist. Psychotherapists treat functional disorders and help patients get to the root of these disorders and seek new ways of coping. Depending on the problem, psychotherapy can last a few weeks, months or even several years.

If we need treatment for functional disorders such as depressive, anxiety, eating, psychosomatic or personality disorders, it is advisable to seek the help of a psychotherapist. Psychotherapy is based on creating a trusting relationship between therapist and patient, with the therapist helping to understand and integrate different aspects of relationships and human experience.

#### WHAT TO DO IF PROBLEMS ARISE?

When we have emotional problems or difficulties in functioning, it is worth seeking help from professionals. A psychologist, psychiatrist, psychotherapist and coach are different professionals who can provide support in different areas of mental health. A psychologist deals with diagnosis, opinion and short-term psychological support, a psychiatrist with drug treatment, a psychotherapist with therapy and a coach with helping people grow and achieve their goals. It is important to choose the right specialist depending on the nature of our difficulties. No matter who you turn to, it is worth remembering that seeking help is already a big step towards mental health.

*Don't wait, call us! If you feel you need support, contact a specialist.*

*We are here to support you!*