

Who Can Help? Professionals

| | Psychiatrist | Social Worker | Psychologist | Private Counsellor |
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| Qualifications | <ul style="list-style-type: none"> • Medical degree plus 5 years of psychiatric training • The designation FRCPC indicates registration with the Royal College of Physicians of Canada | <ul style="list-style-type: none"> • Must hold an undergraduate or graduate degree in social work (BSW, MSW, or PhD) • Registered with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) | <ul style="list-style-type: none"> • Not a medical doctor • Graduate degree in psychology (masters or doctorate) • Registered with the College of Psychologists of Ontario | <ul style="list-style-type: none"> • Social workers, nurses, occupational therapists, and religious leaders can provide counselling • Check for registration with a regulatory body |
| Fees | <ul style="list-style-type: none"> • Covered by OHIP | <ul style="list-style-type: none"> • No charge for services from a social worker employed by a hospital, family health team, or school board. | <ul style="list-style-type: none"> • Not covered by OHIP • Fees are about \$125 to \$200 per hour (may be less if accessed through a community agency) • Fees may be covered by extended health care plans or private insurance | <ul style="list-style-type: none"> • Vary • Fees for some private counsellors <i>may</i> be covered by extended health care plans or private insurance |
| Services | <ul style="list-style-type: none"> • Diagnose and treat mental illnesses • Prescribe medication | <ul style="list-style-type: none"> • Psychosocial assessment • Individual, family, and group counselling • Advocacy and education • Resource referral | <ul style="list-style-type: none"> • Cannot prescribe medication • Assess and treat psychological concerns (mental health and academic) • Psychological-education assessments (cost: \$2000 to \$2500) (may be fully or partially covered by extended health care plans or private insurance) • Counselling | <ul style="list-style-type: none"> • Counselling |
| How to Access | <ul style="list-style-type: none"> • Requires a referral from your family doctor • In a medical health emergency, may also be accessed via the emergency room | <ul style="list-style-type: none"> • Referral through the hospital, family health team, or school administration | <ul style="list-style-type: none"> • Self-referral to a private practice | <ul style="list-style-type: none"> • Self-referral to a private practice |

For more information about therapists and types of therapy, see [CAMH About Therapy](#).