TOP 10 REASONS TO USE A PSYCHOLOGIST

1. Psychologists can diagnose and treat.
2. Psychologists have more education than some other mental health professionals (such as social workers and counselors).
3. Psychologists can test for a variety of disorders (depression, anxiety, ADHD, Autism, bipolar disorder, personality disorders, etc.).
4. Psychologists use treatments that are backed by research and best practices.
5. Everyone can use support at some point.
6. Getting a different perspective can help to make positive changes in your life.
7. Mental health can affect physical health.
8. Psychologists can help you understand and cope with your emotions.
9. Psychologists can work with trauma.
10. Therapy can help instead of or with medication to have better outcomes.