

# R U OK? at School

## Year 7-8 fact sheet



### Lesson 3: Finding help for someone who needs it

Not sure on the difference between counsellors and psychologists? Want to know what they're for? Here are some quick facts to better understand the differences to help you talk to a friend about where they can get help.

#### Doctors

Doctors are a great place to start to get help with something. A doctor (GP) can diagnose health problems, as well as recognise symptoms of mental health difficulties. They can refer people to a specialist if needed.

#### Counsellors

An all-round advisor. Counsellors will listen to what's going on, and suggest options to deal with different issues and find a more helpful way of thinking or approaching it. They're a good place to vent and start finding solutions.

#### Psychologists

Psychologists are for mental health stuff. They have specialist training in diagnosing, treating and preventing mental health problems so people can get on with life. They often specialise in different areas and approaches, so time may be needed to find the right person.

#### Psychiatrists

Psychiatrists are doctors with specialist training in mental health issues. They treat mental health disorders like depression, severe anxiety, schizophrenia and bipolar disorder. They're the ones who can prescribe medication if needed.

#### Youth workers

Your one-stop-shop for figuring out life. Youth workers are specially trained in the sort of practical life issues young people face, like sexual health, accommodation and drug use. Think of them like a coach – they're there to help people figure out how to get through tough situations and stay on track.

#### Social workers

They share information, advice and tips to deal with specific issues. They work in community centres, hospitals, Centrelink, housing services and many other places.

