

# MENTAL HEALTH



Mental health professionals work in a variety of settings, providing support, counseling, and psychotherapy. They may work with individuals, families, or groups. Mental health professionals also assist people with social, emotional, or behavioral problems.

## Careers within this section include:

Counselor

Human Service Worker

Psychologist

Social Worker



## **Counselor**

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### **What would I do?**

Counselors help clients solve personal problems or conflicts and may specialize in substance abuse, marriage and family counseling, and children and elderly services. They guide individuals or families to work through difficulties like substance abuse, depression, anxiety, marital problems, suicidal feelings, and relationship issues. Counselors work closely with other professionals—such as Psychiatrists, Psychologists, and Social Workers—to assist in clients' recoveries. Counselors may also conduct personality, aptitude, or achievement tests; conduct research; direct workshops; or teach in a university or college.

### **Where would I work?**

Counselors are employed in a variety of settings: community mental health centers, drug rehabilitation centers, halfway houses, hospice programs, hospitals, nursing homes, prisons, schools and universities. Master's-prepared counselors with experience may obtain licensure, which allows them to work in private practice.

### **What would I earn?**

\$20,000–41,300

### **What do I need to know?**

Mental Health Counselors must have a minimum of a master's degree in counseling or a related area such as psychology or social work. An internship and supervised practice is required after receiving a degree. Counselors may also pursue a doctoral degree in counseling. To be licensed, counselors must pass a written exam from the National Board of Certified Counselors.

### **What schools can I attend?**

Antioch New England Graduate School  
Colby-Sawyer College  
Granite State College - Concord  
Dartmouth College  
Franklin Pierce College  
New England College  
Plymouth State University  
Rivier College  
Saint Anselm College

Springfield College at Manchester School of  
Human Services  
University of New Hampshire

### **Where can I find more information?**

American Counseling Association  
5999 Stevenson Avenue  
Alexandria, VA 22304-3300  
(703) 823-9800  
(800) 347-6647  
[www.counseling.org](http://www.counseling.org)

American Mental Health Counselors Association  
801 N. Fairfax Street, Suite 304  
Alexandria, VA 22314  
(703) 548-6002  
(800) 326-2642  
[www.amhca.org](http://www.amhca.org)

National Board for Certified Counselors  
3 Terrace Way, Suite D  
Greensboro, NC 27403-3660  
(336) 547-0607  
[www.nbcc.org](http://www.nbcc.org)

## **Human Service Worker**

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### **What would I do?**

Human Service Workers assist people with emotional, mental, cognitive or behavioral challenges in living a full and meaningful life. This may involve assisting and supporting people in their daily lives or connecting them to community resources. These resources may include employment, education, housing, medical, and/or mental health services. Human Service Workers are professionals in their own right and may work under the supervision of medical professionals, social workers, or administrators. They generally work as part of a service provision team.

### **Where would I work?**

Human service practice is community based. Most Human Service Workers are employed by community mental health centers, organizations serving people with developmental disabilities, residential homes, child and youth programs, rehabilitation centers, education centers, and family services.

### How much would I earn?

\$19,000–39,000

### What do I need to know?

Students interested in pursuing a career as a Human Service Worker must obtain a minimum of an associate's degree. Many programs offer certificates in specialized areas such as addictions and/or gerontology. Students enrolled in two-year programs take human service classes as well as required classes (e.g. English, Mathematics, and Science). Bachelor degree programs introduce students to management and coordination and supervisory skills. Students are prepared for work in roles such as: case worker, family support worker, residential counselor, residential manager, social service aide, and crisis-intervention counselor. Graduate degrees often focus on administration.

### What schools can I attend?

Colby-Sawyer College  
Granite State College - Concord  
Franklin Pierce University  
Hesser College  
New Hampshire Community Technical College - Berlin  
New Hampshire Community Technical College -  
Manchester  
New Hampshire Community Technical College -  
Stratham  
Springfield College - Manchester,  
School of Human Services

### Where can I find more information?

National Organization for Human Service Education  
9001 Braddock Road, Suite 380  
Springfield, VA 22151  
(703) 323-9896  
[www.nohse.org](http://www.nohse.org)

## Psychologist

### What would I do?

Psychologists study the human mind and behavior. Many Psychologists conduct research, teach, or practice professionally in the area of health services. They usually work as part of a health care team in the diagnosis, treatment and prevention of behavioral and mental health problems. Other Psychologists work on

problems of human learning, applying the science of psychology to schooling and education, workplaces and organizations, sports teams, or human interface with technology.

Psychologists may specialize in a variety of fields, including clinical, cognitive, counseling, developmental, educational, exercise and sports, experimental, industrial, organizational, neuropsychology, personality, psychoanalysis, psychometrics, forensic psychology, and social psychology.

### Where would I work?

Psychologists work in hospitals, schools, universities, prisons, businesses, government agencies, community mental health centers, rehabilitation centers, and private practices. Many Psychologists work in multiple settings, for example, combining a private practice with teaching at a university.

### What would I earn?

\$42,000–72,000

### What do I need to know?

Licensed Psychologists must possess a PhD, PsyD, or EdD in psychology from an accredited university. For a specialty, two years of supervised postdoctoral study is required.

### What schools can I attend?

Colby-Sawyer College  
Dartmouth College  
Franklin Pierce University  
Keene State College  
New England College  
Plymouth State University  
Rivier College  
Saint Anselm College  
University of New Hampshire

### Where can I find more information?

American Psychological Association  
750 First Street, NE  
Washington, DC 20002-4242  
(202) 336-5500  
(800) 374-2721  
[www.apa.org](http://www.apa.org)

National Institute of Mental Health  
6001 Executive Boulevard, Room 8184, MSC 9663  
Bethesda, MD 20892-9663  
(301) 443-4513  
(866) 615-6464  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Mental Health Association  
2000 N. Beauregard Street, 6th Floor  
Alexandria, VA 22311  
(703) 684-7722  
(800) 969-6642  
[www.nmha.org](http://www.nmha.org)

## **Social Worker**

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### **What would I do?**

Social Workers provide counseling, care coordination, case management, and psychotherapy to individuals and families struggling with an array of emotional, relationship and mental dysfunctions. They refer patients to other professionals for assistance, organize support groups, and help patients obtain community services, education, and job training.

Social Workers engage in community organization, policy development, and advocacy for individuals, groups, and communities.

### **Where would I work?**

Social Workers at the bachelor's level often work within systems such as state child protective agencies, nursing homes, residential treatment settings, and substance abuse treatment agencies. At the bachelor's level most of the work consists of providing practical supports, interventions, linkage and referral, and vocational services. At the master's level, licensed Social Workers are qualified to provide independent psychotherapy and they often supervise or administer nonprofit agencies.

### **What would I earn?**

\$26,000–43,000

### **What do I need to know?**

A Bachelor of Social Work (BSW) is required for entry-level positions. Accredited BSW programs require four years of study, including 450 practicum hours. A Master of Social Work (MSW) is required for advanced positions, such as management, and is usually necessary to work in mental health settings. An MSW usually requires one to two years of study, including 900 practicum hours. Doctorate degrees are also available in social work, and graduates often teach in a university.

### **What schools can I attend?**

Plymouth State University  
University of New Hampshire  
University of New Hampshire - Manchester

### **Where can I find more information?**

Council on Social Work Education  
1725 Duke Street, Suite 500  
Alexandria, VA 22314-3457  
(703) 683-8080  
[www.cswe.org](http://www.cswe.org)

National Association of Social Workers  
750 First Street, NW, Suite 700  
Washington, DC 20002-4241  
(202) 408-8600  
(800) 638-8799  
[www.naswdc.org](http://www.naswdc.org)

New Hampshire Chapter of National Association of  
Social Workers  
18 Low Avenue  
Concord, NH 03301  
(603) 226-7135  
[www.naswnh.org](http://www.naswnh.org)

