

Who should see a Psychologist?

Many people believe that psychologists only treat patients with severe mental health problems. This is not the case! Psychologists assist people in all walks of life, struggling with all kinds of issues.

It is no secret that life presents us with a variety of stressors that at times can be overwhelming. Personal problems can arise at home, in the workplace, at school, in our relationships, or simply in everyday life. While the support of family and friends can be important, sometimes it is not available or is not enough to help us cope effectively. At such times it is often beneficial to talk to an objective professional who can assist people in overcoming a variety of issues.

Psychologists can also be instrumental in assessing and diagnosing a variety of difficulties to assist with important life decisions and treatment. Cognitive assessments to determine degree of impairment following head injury, long-term substance abuse, or aging, educational assessments to diagnose ADHD and learning disabilities, and personality and diagnostic assessments to determine emotional dysfunction are only some of the services that Clinical Psychologists can provide.