# What is a psychologist?

A psychologist is a **regulated health professional** who has completed almost 10 years of university education and is trained to assess and diagnose mental health problems, provide evidence-based psychological prevention, intervention, and consultation services, and conduct psychological research.

**Psychologists work with children, teenagers, adults, seniors, families, couples , teams, and even organizations.**

*" I am feeling anxious and overwhelmed"*

*" I need help with my child's behaviour"*

*"My partner and I are constantly arguing"*

*" I am finding it hard to sleep at night"*

## Psychologists can help with a wide variety of different problems

**What do psychologists do?**

Assessment
Diagnosis
Therapy
Research
Teaching

**Where do psychologists work?**

Hospitals
Community mental health centres
Rehabilitation centres
Correctional institutions
Schools
Businesses and organizations
Private practice

**What unique value do psychologists add?**

Psychologists are unique in their extensive training in how people, think, learn, feel, and behave.

**How can a psychologist help you?**

Psychologists can work with you to solve problems, build coping skills, and improve quality of life and wellbeing.

**To learn more, please visit the College of Psychologists of New Brunswick at www.cpnb.ca**