

# Careers in **Mental Health**

CEGEP / UNIVERSITY

## PSYCHOTHERAPIST



Psychotherapists offer assessment, counselling, and rehabilitation for people having difficulty with psychosocial adjustments. They establish plans or intervention strategies with their patients to help them manage conflict and gain social independence. Specialists can work in couples/marriage therapy, addictions therapy, art therapy, or music therapy.



**Salary:** \$42,000 to \$76,000 per year.



**Certification:** (4 to 5 yrs of university) Bachelor of Arts or Sciences in Psychology and a Master's degree in Counselling Psychology. All psychotherapists must be registered as members of the *Ordre des psychologues du Québec*.



**Pre-requisites:** CEGEP Diploma (DEC) in Science or Social Science.



## PSYCHOLOGIST



Practicing psychologists help people solve personal problems and adapt to life changes. They use different means of intervention – such as interviewing or psychometric testing – according to their client's needs and goals.



**Salary:** \$55,000 to \$85,000 per year (average).

**Related job categories:** Clinical Psychologist, \$65,000 per year and up; Psychology Professor, \$70,000 per year and up; Research Psychologist, \$75,000 per year and up; Sports Psychologist, \$100,000 per year and up.



**Certification:** (9 yrs of university) Bachelor of Sciences or Arts in Psychology plus Master's/PhD (Doctorate) in Psychology. All psychologists must be registered as members of the *Ordre des psychologues du Québec*.



**Pre-requisites:** CEGEP Diploma (DEC) in Science or Social Science, with high standing (80% or more).



## PSYCHIATRIST



Psychiatrists treat patients' mental or emotional disorders through regular meetings with them to explore past experiences or changes in behaviour. Psychiatrists can prescribe medications for mental illnesses, or may recommend hospitalization or therapeutic treatments.



**Salary:** \$120,000 – \$200,00 per year.



**Certification:** (10-12 yrs of university) Bachelor of Sciences in Psychology plus Medical Degree (M.D.). Psychiatrists are classified as physicians and must be licensed by the *Collège des médecins du Québec*.



**Pre-requisites:** CEGEP Diploma (DEC) in Science, with high standing (80% or more).



**For more information:**

(514) 743-8058, email: [arc.cmtyhealthcoord@gmail.com](mailto:arc.cmtyhealthcoord@gmail.com)

or visit: [facebook.com/arccmtyretention](https://www.facebook.com/arccmtyretention)



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## SOCIAL SERVICE TECHNICIAN



Technicians in Social Service work with individuals, families, groups, and communities experiencing social problems that may include poverty, unemployment, family or spousal violence, loss of autonomy, substance abuse, or suicide. Technicians can work in a variety of settings, such as CLSCs, long-term care facilities rehabilitation centres, or youth centres.



**Salary:** \$40,000 to \$57,000 per year.



**Certification:** (3 yrs of college) CEGEP Diploma (DEC) in Social Service.



**Pre-requisites:** Diploma of Secondary Studies (DES) in Language of Instruction and Second Language, with Secondary IV Science, Mathematics, and History.

## SOCIAL WORKER



Social workers help clients identify and address personal, family, or community problems. They establish contingency plans for those who may be homeless, chronically unemployed, addicted to drugs or alcohol, have physical or intellectual disabilities, be struggling within families, or are otherwise socially vulnerable.



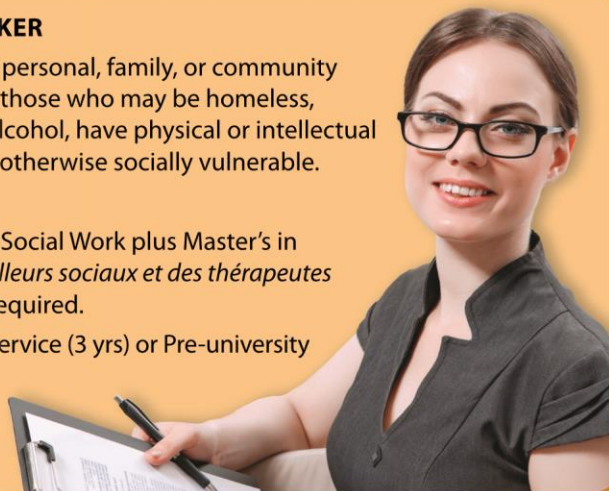
**Salary:** \$40,000 to \$77,000 per year.



**Certification:** (4-5 yrs of university) Bachelor of Social Work plus Master's in Social Work. Membership in the *Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec* is frequently required.



**Pre-requisites:** CEGEP Diploma (DEC) in Social Service (3 yrs) or Pre-university Diploma (DEC) in Social Science (2 yrs).



## GUIDANCE COUNSELLOR



Guidance Counsellors help students in the education system explore personal, educational, and professional goals and create strategies for making informed scholastic choices.



**Salary:** \$33,000 to \$75,000 per year.



**Certification:** (5-6 yrs of university) Bachelor of Psychology or Social Work (3-4 yrs), Master's in Educational Counselling (2 yrs). Membership in the *Ordre des conseillers et des conseillères d'orientation du Québec* is required.



**Pre-requisites:** CEGEP Diploma (DEC) in Science or Social Science.

**For more information:**

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