

TYPES OF MENTAL HEALTH PROVIDERS

Psychiatrists must have medical degrees with specialized training in psychiatry. They are trained in the biology, assessment and diagnostic treatment of the full range of psychological disorders. Psychiatrists are able to prescribe medication. They may work closely with other mental health providers.

Psychologists must have master's degrees or doctorate degrees in psychology. They have specialized training in assessment and diagnostic treatment of the full range of psychological disorders.

Social Workers must have master's degrees or doctorate degrees in social work. They have specialized training in assessment and diagnostic treatment of the full range of psychological disorders as well as focus on restoring or enhancing social and psychological functioning. Social workers are trained to consider clients within a social environment with attention being paid to diversity among cultures, communities, families and individuals.

Psychiatric Nurses are registered nurses with additional training in mental health. The level of training and experience that the psychiatric nurses have will determine what services they can provide.

Advance Practice Nurses are certified in psychiatry and have master's degrees and are able to diagnose and treat mental health disorders.

Limited Confidentiality Statement

As your Victim Specialist, I am here to assist you as you go through the criminal justice process. However, you should know that I work as part of a team with the FBI agent and personnel from the U.S. Attorney's Office. Discussions that you have with me may not be considered completely confidential. As part of the team, there may be times when I need to share information you provide with the other team members. If you have questions about limited confidentiality, you may contact your Victim Specialist for clarification.

On behalf of the FBI Office for Victim Assistance, we are committed to providing you and your family with the most appropriate services to assist in reducing the effects of trauma. Your Victim Specialist is highly trained to assess your needs and link you to the best resources available. It is important that you work closely with your Victim Specialist. Your Victim Specialist can assist in making your experience with the criminal justice process a smooth one.

Important Contact Numbers

FBI Victim Specialist

Name: _____

Phone: _____

FBI Special Agent

Name: _____

Phone: _____

**Federal Bureau of Investigation
Office for Victim Assistance
J. Edgar Hoover Building, Room 3329
935 Pennsylvania Ave. NW
Washington D.C. 20535
(202) 324-3000**

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**Department of Justice
Federal Bureau of Investigation
Office for Victim Assistance**

Resources *for* Dealing with Grief and Loss

- Fairness
- Respect
- Privacy

Sudden and unexpected loss can be traumatic whether you are dealing with the death of a loved one, traumatic injury to yourself or loved one, or the loss of a sense of safety and security. There are resources available to help. It is important to identify support systems. They can be made up of family, friends, faith based community members and/or professional counselors. Grief is a very personal issue. It is important to seek out people who are caring and non-judgmental. You need to be able to express yourself freely and acknowledge all of your thoughts and feelings.

HOW TO CHOOSE YOUR SUPPORT OUTSIDE YOUR FAMILY

Friends and family may be able to fill a supportive role, but sometimes it is necessary to seek assistance from someone who may be more objective and has more distance from the situation.

People often turn to clergy or other faith based community members. After a major loss, it is not uncommon to address feelings about faith. Some people are drawn closer to their faith while others may feel ambivalent or angry. Be sure to select someone who will support your feelings.

For some individuals, a professional counselor may be helpful or even necessary in assisting in the healing process. There are counselors who are specially trained in addressing issues regarding death, loss and bereavement. Support can be found through individual counseling, group therapy and/or support groups. There are many factors to consider when selecting a mental health provider.

It is important to determine what type of mental health provider is right for you. There are Psychiatrists, Psychologists, Social Workers, Nurses and other mental health providers with the appropriate background and training. Several factors should be taken into consideration to help you with your decision. Some factors to consider include the severity of your symptoms, the need for medication, the expertise and experience of the provider and the type of health insurance coverage that you maintain.

Most health insurances plans will only cover mental health services that are provided by a licensed professional. Some providers have more experience working with grief and loss. Personal preferences such as gender, age, religion, language, and cultural background can factor in as well.

Referrals or recommendations for mental health providers can come from many sources. Friends, family members, and/or clergy members may be able to help make a recommendation. Healthcare providers may also be able to make referrals. In addition, your health insurance carrier may maintain a list of providers. Other resources such as your employer's Employee Assistance Program (EAP), local health department, and local or national mental health professional organizations may also have lists of providers in your area. Also, the National Center for Victims of Crime help line 1-800-FYI-CALL may be of assistance.

QUESTIONS FOR A PROVIDER

What kind of therapy does he/she provide?

Does he/she specialize in trauma, grief and loss?

What are the office hours, fees, length of sessions and does he/she participate with insurance providers?

Think about what is important to you in a therapy experience and do not hesitate to discuss it with a potential provider.