

# DOING THE WORK



## WHAT KIND OF SUPPORT IS RIGHT FOR ME?

**We all need help sometimes** but when you're looking for help it can be hard to know who does what, who is good, and how to find someone whose specialty matches your needs. In this post, we'll talk about the differences between coaching, therapy and psychiatry and give you some questions to ask yourself to point you in the right direction of which might be the best option to explore first. In some cases that will be just one, but often a combined care approach may be the best option.

---



## FIRST THINGS FIRST *WHO DOES WHAT?*

### *Coaching*

Coaching is like having a supportive ally on your personal and professional journey, guiding you to set and achieve meaningful goals while fostering self-discovery and positive change. Coaching can often compliment other types of healthcare.



### *Therapy or Counseling*



Therapy is a confidential and collaborative process with a trained professional aimed at addressing emotional, psychological, and behavioral challenges, fostering healing, personal insight, and overall well-being.

### *Psychiatry*

Psychiatry involves medical evaluation and treatment for mental health conditions, with psychiatrists being medical doctors specialized in mental health. They can diagnose and prescribe medications for conditions like depression or bipolar disorder, requiring licensure and potentially board certification.



# HOW DO I KNOW WHICH TO PICK?

Consider the following statements to help narrow in on which kind of professional you'd like to start working with.

## *Coaching*

- I have specific personal or professional goals that I want to achieve.
- I would benefit from support and guidance to improve my self-confidence or motivation.
- I prefer a cooperative process where I'm in control of the journey with support along the way

## *Therapy or Counseling*

- I am struggling with ongoing emotional challenges, such as anxiety, depression, or relationship issues.
- I need a safe space to explore my deeper thoughts and feelings openly and without judgment.
- I would like to explore issues like childhood family dynamics, substance use/abuse, past traumas.

## *Psychiatry*

- I have been diagnosed with a mental health condition that may require medication management.
- I believe there may be a biological or neurological component to my mental health concerns.
- I am open to considering medication as part of my mental health treatment plan.

**Ready to take the next step in your journey?**

[Click here to schedule a 15 minute intro call with Coach Thatcher](#)

---

*If you find yourself in need of a higher level of care, please reach out to your healthcare provider. Your mental health is important, and there are lots of options to support you wherever you are starting from.*