

Mental Health

Mental health professionals work in a variety of settings, providing support, counseling, and psychotherapy. They may work with individuals, families, or groups. Mental health professionals also assist people with social, emotional, or behavioral problems.

Careers within this section include:

- **Counselor**
- **Human Service Worker**
- **Psychologist**
- **Social Worker**

Counselor



To be a successful Counselor you should

- **Have the desire to work with others**
- **Have the ability to work independently and as part of a team**
- **Be sensitive**
- **Have excellent communication skills**
- **Be emotionally stable**
- **Be objective**



What would I do?

Counselors help clients solve personal problems or conflicts and may specialize in substance abuse, marriage and family counseling, and children and elderly services. They guide individuals or families to work through difficulties like substance abuse, depression, anxiety, marital problems, suicidal feelings, and relationship issues. Counselors work closely with other professionals such as Psychiatrists, Psychologists, and Social Workers to assist in clients' recoveries. Counselors may also conduct personality, aptitude, or achievement tests; conduct research; direct workshops; or teach in a university or college.

Where would I work?

Counselors are employed in a variety of settings: community mental health centers, drug rehabilitation centers, halfway houses, hospice programs, hospitals, nursing homes, prisons, schools, and universities. Also, master's-prepared counselors with experience may obtain licensure which allows them to work for themselves in private practice.

What would I earn?

\$20,000–\$41,300

What do I need to know?

Counselors have a minimum of a bachelor's degree in either counseling, education, psychology, social work, or sociology and most earn a master's degree in psychology or counseling. An internship is usually required after receiving a degree. A doctoral degree may be necessary for some positions. To be licensed, counselors must have a master's degree and pass a written exam from the National Board of Certified Counselors.

What schools can I attend?

Antioch New England Graduate School
40 Avon Street
Keene, NH 03431
(603)357-3122
www.antiochne.edu

Colby-Sawyer College
100 Main Street
New London, NH 03257
(603) 526-3000
www.colby-sawyer.edu

College for Lifelong Learning
125 North State Street
Concord, NH 03301
(603) 228-3000
(800) 582-7248
www.cll.edu

Dartmouth College
6016 McNutt Hall
Hanover, NH 03755
(603) 646-1110
www.dartmouth.edu

Franklin Pierce College
20 College Road
Rindge, NH 03461-0060
(603) 899-4050
(800) 437-0048
www.fpc.edu

New England College
7 Main Street
Henniker, NH 03242
(603) 428-2211
(800) 521-7642
www.nec.edu

Plymouth State University
17 High Street
Plymouth, NH 03264-1595
(603) 535-5000
(800) 842-6900
www.plymouth.edu

Rivier College
420 Main Street
Nashua, NH 03060-5086
(603) 888-1311
www.rivier.edu

Saint Anselm College
100 Saint Anselm Drive
Manchester, NH 03102-1310
(603) 641-7500
(888) 426-7356
www.anselm.edu

Springfield College at Manchester
School of Human Services
500 Commercial Street
Manchester, NH 03101
(603) 666-5700
(800) 727-0504
www.spfldcol.edu

University of New Hampshire
4 Garrison Avenue
Durham, NH 03824
(603) 862-1360
www.unh.edu

Please contact your guidance office or career counselor for more information.

Where can I find more information?

American Counseling Association
5999 Stevenson Avenue
Alexandria, VA 22304-3300
(703) 823-9800
(800) 347-6647
www.counseling.org

American Mental Health Counselors Association
801 N. Fairfax Street, Suite 304
Alexandria, VA 22314
(703) 548-6002
(800) 326-2642
www.amhca.org

National Board for Certified Counselors
3 Terrace Way, Suite D
Greensboro, NC 27403-3660
(336) 547-0607
www.nbcc.org

*“It is our duty as men and women
to proceed as though the limits of
our abilities do not exist.”*

Pierre Teilhard de Chardin

Human Service Worker



To be a successful Human Service Worker you should

- Have a strong desire to help people
- Be patient and even tempered
- Have good interviewing skills
- Interact well with a variety of people
- Have good problem-solving skills
- Be a good listener and communicator



What would I do?

Human Service Workers assist people with emotional, mental, cognitive, or behavioral challenges in living a full and meaningful life. This may involve assisting and supporting people in their daily lives or connecting them to community resources. These resources may include employment, education, housing, medical, and/or mental health services. Human Service Workers are professionals in their own right and may work under the supervision of medical professionals, social workers, or administrators. They generally work as part of a service provision team.

Where would I work?

Human service practice is community based. Most Human Service Workers are employed by community mental health centers, organizations serving people with developmental disabilities, residential homes, child and youth programs, rehabilitation centers, education centers, and family services.

How much would I earn?

\$16,000–\$35,000

What do I need to know?

Students interested in pursuing a career as a Human Service Worker must obtain a minimum of an associate's degree. Many programs offer certificates in specialized areas such as addictions and/or gerontology. Students enrolled in two-year programs take human service classes as well as required classes (e.g. English, Mathematics, and Science). Bachelor degree programs introduce students to management and coordination and supervisory skills. Students are prepared for work in roles such as: case worker, family support worker, residential counselor, residential manager, social service aide, and crisis intervention counselor. Graduate degrees often focus on administration.

What schools can I attend?

Colby-Sawyer College
100 Main Street
New London, NH 03257
(603) 526-3000
www.colby-sawyer.edu

College for Lifelong Learning
125 North State Street
Concord, NH 03301
(603) 228-3000
(800) 582-7248
www.cll.edu

Franklin Pierce College
20 College Road
Rindge, NH 03461-0060
(603) 899-4050
(800) 437-0048
www.fpc.edu

Hesser College
3 Sundial Avenue
Manchester, NH 03103
(603) 668-6660
www.hesser.edu

New Hampshire Community Technical College-Berlin
2020 Riverside Drive
Berlin, NH 03570
(603) 752-1113
(800) 445-4525
www.berlin.nhctc.edu

New Hampshire Community Technical
College-Manchester
1066 Front Street
Manchester, NH 03102
(603) 668-6706
(800) 924-3445
www.manchester.nhctc.edu

New Hampshire Community Technical
College-Stratham
277 Portsmouth Avenue
Stratham, NH 03885
(603) 772-1194
(800) 522-1194
www.stratham.nhctc.edu

Springfield College-Manchester
School of Human Services
500 Commercial Street
Manchester, NH 03101
(603) 666-5700
(800) 727-0504
www.spfldcol.edu

Please contact your guidance office or career counselor
for more information.

Where can I find more information?

National Organization for Human Service Education
9001 Braddock Road, Suite 380
Springfield, VA 22151
(703) 323-9896
www.nohse.org



Psychologist



To be a successful Psychologist you should

- **Have emotional stability**
- **Be good at asking “how and why” questions**
- **Have excellent speaking and writing skills**
- **Be able to analyze complicated data**
- **Be compassionate**
- **Be interested in the study of human beings**



What would I do?

Psychologists study the human mind and behavior. Many Psychologists conduct research, teach, or practice professionally in the area of health services. They usually work as part of a health care team in the diagnosis, treatment, and prevention of behavioral and mental health problems. Other Psychologists work on problems of human learning, applying the science of psychology to schooling and education, workplaces and organizations, sports teams, or human interface with technology.

Psychologists may specialize in a variety of fields, including clinical, cognitive, counseling, developmental, educational, exercise and sports, experimental, industrial, organizational, neuropsychology, personality, psychoanalysis, psychometrics, forensic psychology, and social psychology.

Where would I work?

Psychologists work in hospitals, schools, universities, prisons, businesses, government agencies, community mental health centers, rehabilitation centers, and private practices. Many Psychologists work in multiple settings, for example, combining a private practice with teaching at a university.

What would I earn?

\$36,285–\$60,475

What do I need to know?

Licensed Psychologists must possess a PhD, PsyD, or EdD in psychology from an accredited university. For a specialty, two years of supervised postdoctoral study is required.

What schools can I attend?

Colby-Sawyer College
100 Main Street
New London, NH 03257
(603) 526-3000
www.colby-sawyer.edu

Dartmouth College
6016 McNutt Hall
Hanover, NH 03755
(603) 646-1110
www.dartmouth.edu

Franklin Pierce College
20 College Road
Rindge, NH 03461-0060
(603) 899-4050
(800) 437-0048
www.fpc.edu

Keene State College
229 Main Street
Keene, NH 03435-2602
(603) 352-1909
(800) KSC-1909
www.keene.edu

New England College
7 Main Street
Henniker, NH 03242
(603) 428-2211
(800) 521-7642
www.nec.edu

Plymouth State University
17 High Street
Plymouth, NH 03264-1595
(603) 535-5000
(800) 842-6900
www.plymouth.edu

Rivier College
420 Main Street
Nashua, NH 03060-5086
(603) 888-1311
www.rivier.edu

Saint Anselm College
100 Saint Anselm Drive
Manchester, NH 03102-1310
(603) 641-7500
(888) 426-7356
www.anselm.edu

University of New Hampshire
4 Garrison Avenue
Durham, NH 03824
(603) 862-1360
www.unh.edu

Please contact your guidance office or career counselor for more information.

Where can I find more information?

American Psychological Association
750 First Street, NE
Washington, DC 20002-4242
(202) 336-5500
(800) 374-2721
www.apa.org

National Institute of Mental Health
6001 Executive Boulevard, Room 8184, MSC 9663
Bethesda, MD 20892-9663
(301) 443-4513
(866) 615-6464
www.nimh.nih.gov

National Mental Health Association
2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311
(703) 684-7722
(800) 969-6642
www.nmha.org

*“Great works are performed not by strength,
but by perseverance.”*

Samuel Johnson

Social Worker



To be a successful Social Worker you should

- **Be strongly committed to helping other people**
- **Have excellent communication skills**
- **Have patience, maturity, and self-control**
- **Have the ability to assess a client's circumstances compassionately and objectively**



What would I do?

Social Workers provide counseling, care coordination, case management, and psychotherapy to individuals and families struggling with an array of emotional, relationship, and mental dysfunctions. They refer patients to other professionals for assistance, organize support groups, and help patients obtain community services, education, and job training.

Social Workers engage in community organization, policy development, and advocacy for individuals, groups, and communities.

Where would I work?

Social Workers at the bachelor's level often work within systems such as state child protective agencies, nursing homes, residential treatment settings, and substance abuse treatment agencies. At the bachelor's level most of the work consists of providing practical supports, interventions, linkage and referral, and vocational services. At the master's level, licensed Social Workers are qualified to provide independent psychotherapy and they often supervise or administer nonprofit agencies.

What would I earn?

\$25,950–\$43,200

What do I need to know?

A Bachelor of Social Work (BSW) is required for entry-level positions. Accredited BSW programs require four years of study, including 450 practicum hours. A Master of Social Work (MSW) is required for advanced positions such as management, and is usually necessary to work in mental health settings. An MSW usually requires one to two years of study, including 900 practicum hours. Doctorate degrees are also available in social work, and graduates often teach in a university.

What schools can I attend?

Plymouth State University
17 High Street
Plymouth, NH 03264-1595
(603) 535-5000
(800) 842-6900
www.plymouth.edu

University of New Hampshire
4 Garrison Avenue
Durham, NH 03824
(603) 862-1360
www.unh.edu

University of New Hampshire-Manchester
400 Commercial Street
Manchester, NH 03101-1113
(603) 641-4321
www.unh.edu/unhm

Please contact your guidance office or career counselor for more information.

Where can I find more information?

Council on Social Work Education
1725 Duke Street, Suite 500
Alexandria, VA 22314-3457
(703) 683-8080
www.cswe.org

National Association of Social Workers
750 First Street, NW, Suite 700
Washington, DC 20002-4241
(202) 408-8600
(800) 638-8799
www.naswdc.org

New Hampshire Chapter of
National Association of Social Workers
18 Low Avenue
Concord, NH 03301
(603) 226-7135
www.naswnh.org

*“The aim of education is, or should be,
to teach people to educate themselves.”*

Arnold Toynbee