

Behavioral Health Referrals – Provider Types

Shorter Wait Times

Longer Wait Times

Therapist

Master's degree in mental health, social work, counseling or family therapy

Licensure type includes:

- Licensed clinical social worker (LCSW)
- Licensed mental health counselor (LMHC)
- Marriage and family therapists (LMFT)
- Licensed professional counselor (LPC)

Can give some tests and offer psychotherapeutic interventions

Cannot prescribe medications

Psychologist

Doctoral degree in Psychology (PhD, PsyD)

Can give mental health and psychological testing

Can offer psychotherapeutic interventions

Cannot prescribe medications

Mental Health Nurse Practitioner

Advanced Practice Registered Nurse with a Master's degree. Trained and licensed to practice in psychiatric care

Psychiatric Mental Health Nurse Practitioner (PMHNP)

Can offer a range of services including diagnostic testing, psychotherapeutic interventions and medication management

Can prescribe medication

Psychiatrist

Medical Doctors who focus on the prevention, diagnosis and treatment of mental or behavioral illnesses

Medical degree with specialized training in mental health (MD, DO)

Can provide diagnostic testing, medication management, and offer psychotherapy

Most are board-certified in psychiatry and neurology

Can prescribe medications

Effectively coordinating care between treatment professionals can lead to improved health outcomes. Please be sure to have the member sign a release of information form.

You may use your own form or [click here](#) to access the Optum Confidential Exchange of Information form.