

What do Mental Health Counselors do?

Counsel with emphasis on prevention, promoting mental and emotional health. Help persons deal with addiction and substance abuse; family, parenting, or marital problems; self-esteem; stress; or problems with alcohol, drugs, tobacco, gambling, or eating.

Work Content

Interview clients, review records, and confer with other professionals to evaluate individuals' mental and physical condition and to determine their suitability for participation in a specific program.

Develop client treatment plans based on research, clinical experience, and client histories.

Review and evaluate clients' progress in relation to measurable goals described in treatment and care plans.

Intervene as an advocate for clients or patients to resolve emergency problems in crisis situations.

Coordinate counseling efforts with mental health professionals or other health professionals, such as doctors, nurses, or social workers.

Fill out and maintain client-related paperwork, including federal- and state-mandated forms, client diagnostic records, and progress notes. Maintain confidentiality of records relating to clients' treatment.

Places to work

Ambulatory Health Care Services

Social Assistance

Nursing and Residential Care Facilities

Self-employed Workers



Median annual wage *

\$46,641

Projected employment **

2,569

Annual openings (Jobs)

264

Career Cluster



human services

* Wage estimates based on surveys conducted from November 2019 to May 2021

** Projected Occupational Employment in 2030

How do you become a Substance Abuse, Behavioral Disorder, or Mental Health Counselor?

Most positions require at least a Bachelor's degree. Although educational requirements can vary from a high school diploma and certification to a Master's degree for substance abuse and behavioral disorder counselors, a Master's degree and an internship is typically required to become a mental health counselor.

In New Hampshire, counselors must obtain a license from the Board of either Mental Health Practice or Board of Licensing Alcohol and Other Drug Use Professionals at the New Hampshire Office of Professional Licensure and Certification. Licensure requirements vary by professional specialty.

Interests (Holland Codes)



Social — Social occupations frequently involve working with, communicating with, and teaching people. These occupations often involve helping or providing service to others.

Investigative — Investigative occupations frequently involve working with ideas, and require an extensive amount of thinking. These occupations can involve searching for facts and figuring out problems mentally.

Work environment

Substance abuse, behavioral disorder, and mental health counselors work in a wide variety of settings, such as mental health centers, community health centers, prisons, and private practice. Most work full time.

Explore more: ***

National Board for Certified Counselors, www.nbcc.org

International Certification and Reciprocity Consortium (IC&RC), www.internationalcredentialing.org

*** Inclusion of this information is intended to provide a convenient resource for exploration, but does not constitute an endorsement for any organization, nor is the list all-inclusive.

Source:

New Hampshire Employment Projections, base year 2020 to projected year 2030
New Hampshire Occupational Employment and Wages, May 2021
Occupational Outlook Handbook, Bureau of Labor Statistics

