

| | Mental Health Nurse Practitioner | Psychologist | Psychiatrist |
|----------------------------------|--|---|---|
| Background | Senior mental health nurse with advanced clinical and prescribing training | Specialist in therapy, behaviour and emotional wellbeing | Medical doctor specialising in mental illness |
| Focus | Assessment, diagnosis, medication & therapy combined | Therapy and psychological treatment | Medical diagnosis & complex medication management |
| Can diagnose? | ✓ Yes | ✓ Yes (psychological diagnosis) | ✓ Yes (medical diagnosis) |
| Can prescribe medication? | ✓ Yes | ✗ No | ✓ Yes |
| Provides therapy? | ✓ Yes | ✓ Yes (primary role) | Sometimes (usually brief or specific therapies) |
| Orders tests/referrals? | ✓ Yes (blood tests, referrals to specialists) | Limited (usually via GP) | ✓ Yes |
| Typical sessions | Assessment, treatment planning, medication reviews & therapy | Regular therapy sessions | Medical review and medication management |
| When you might see them | You want one clinician for both therapy AND medication | You want therapy, coping strategies and psychological support | You need specialist medical opinion or complex medication treatment |