

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