


How to identify the right provider


The mental health and mental performance services continuum

PERFORMER




Low
functioning + performance

significant disruption in many areas and limited effective coping strategies




Decreased
functioning + performance

moderate/mild disruption in one or more areas and some effective coping strategies




Stable
functioning + performance

little disruption in most areas and several effective coping strategies



Enhanced
functioning + performance

no disruption in most areas and many effective coping strategies




High
functioning + performance

no disruption across areas and various highly effective coping strategies

PROVIDER

Clinically Trained* Certified Mental Performance Consultant®
OR
Licensed Mental Health Provider
(Psychologist, Psychiatrist, LMFT, LPC, LCSW)

Certified Mental Performance Consultant®



It is important to note that an individual's mental health and mental performance functioning may or may not be correlated. An athlete or performer could be struggling in life but doing really well in their sport/area of performance. In this case, they may need a mental health provider. On the other hand, a person could be doing well in their personal life but really struggling in terms of their mental performance - in which case they would be better served by a CMPC.

* Clinically trained = qualified, licensed mental health provider in their field and jurisdiction.