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.