


# How to identify the right provider

The mental health and mental performance services continuum


PERFORMER



**Low**  
functioning + performance

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significant disruption in many areas and limited effective coping strategies



**Decreased**  
functioning + performance

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



**Stable**  
functioning + performance

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little disruption in most areas and several effective coping strategies



**Enhanced**  
functioning + performance

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no disruption in most areas and many effective coping strategies



**High**  
functioning + performance


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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.