



Mental health counselors

Counsel and advise individuals and groups to promote optimum mental and emotional health, with an emphasis on prevention. May help individuals deal with a broad range of mental health issues, such as those associated with addictions and substance abuse; family, parenting, and marital problems; stress management; self-esteem; or aging.

Cognitive and mental requirements

The qualifications that workers need to use judgment, make decisions, interact with others, and adapt to changes in jobs.

In 2023, verbal interactions were required constantly (every few minutes) for 31.6 percent of mental health counselors, and were required not constantly, but more than once per hour for 44.5 percent.

Table 1. Percentage of mental health counselors with cognitive and mental requirements, 2023

Requirement	Yes	No
Pace: Pause control	72.4	27.6
Interaction with general public	>99.5	<0.5
Working around crowds	<0.5	>99.5
Telework	23.6	76.4
Work review: Supervising others	10.1	89.9
Work review: Presence of supervisor	20.5	79.5

Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

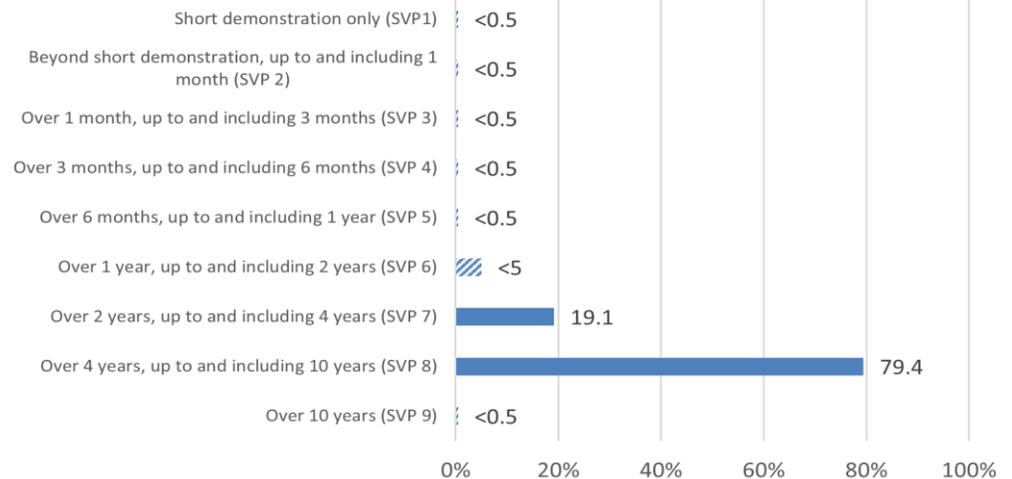
Education, training, and experience requirements

The minimum level of formal education required, credentials necessary, on-the-job training, and prior work experience necessary for average performance in jobs.

In 2023, credentials were required for 84.2 percent of mental health counselors. Prior work experience was required for 34.4 percent and on-the-job training was required for 77.6 percent.

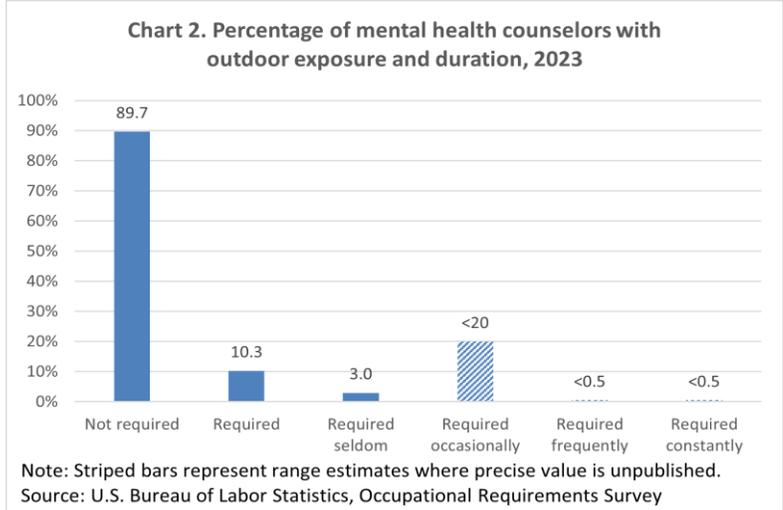
A master's degree was required for 85.0 percent of mental health counselors.

Chart 1. Percentage of mental health counselors by specific preparation time (SVP) level, 2023



Note: Striped bars represent range estimates where precise value is unpublished.

Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey



Environmental conditions

The various tangible or concrete hazards or difficulties that are in the vicinity of where jobs’ critical tasks are performed.

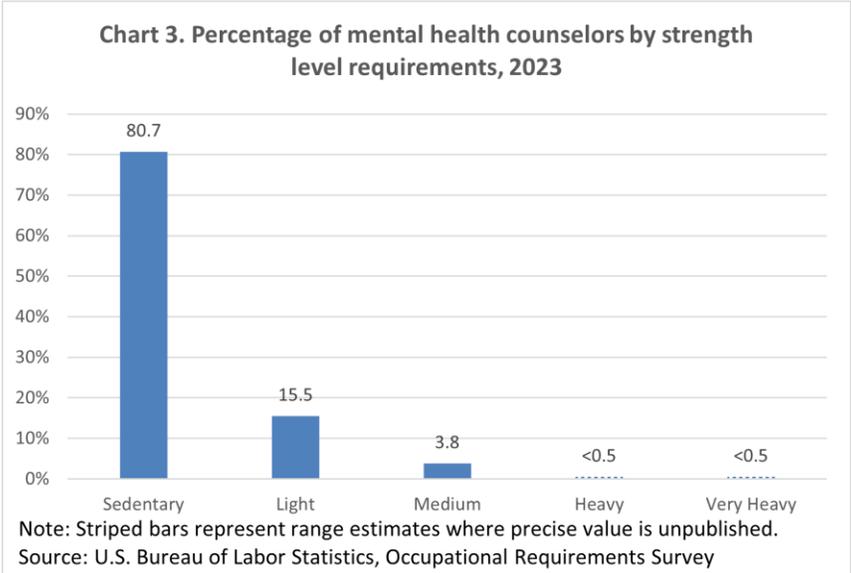
In 2023, greater than 99.5 percent of mental health counselors were not exposed to extreme cold, and greater than 99.5 percent were not exposed to extreme heat. Wetness was not present for greater than 90 percent, greater than 99.5 percent were not exposed to heavy vibrations, and 89.7 percent were not exposed to the outdoors.

Physical demands

Refer to the physical activities required to perform tasks in jobs. The presence and, in some cases, duration of these activities are published.

In 2023, keyboarding was required for greater than 99.5 percent of mental health counselors and was not required for less than 0.5 percent. For less than 0.5 percent of workers, keyboarding was seldom performed, for 76.0 percent keyboarding occurred occasionally, 24.0 percent frequently, and for less than 0.5 percent keyboarding occurred constantly.

Performing work in low postures was required for 12.2 percent of mental health counselors and was not required for 87.8 percent.



The choice to sit or stand when performing critical tasks was available to 88.7 percent of mental health counselors. On average, workers spent 85.3 percent of the workday sitting and 14.7 percent of the workday standing.

Table 2. Percentage of mental health counselors with physical demands, 2023

Requirement	Yes	No
Choice of sitting or standing	88.7	11.3
Driving	32.7	67.3
Climbing structure-related ramps or stairs	16.5	83.5

Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey