



## 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 2022, verbal interactions were required constantly (every few minutes) for 28.1 percent of mental health counselors, and were required not constantly, but more than once per hour for 44.1 percent.

**Table 1. Percentage of mental health counselors with cognitive and mental requirements, 2022**

Requirement	Yes	No
<b>Pace: Pause control</b>	76.9	23.1
<b>Interaction with general public</b>	100.0	-
<b>Working around crowds</b>	-	100.0
<b>Work review: Supervising others</b>	12.2	87.8
<b>Work review: Presence of supervisor</b>	21.4	78.6

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

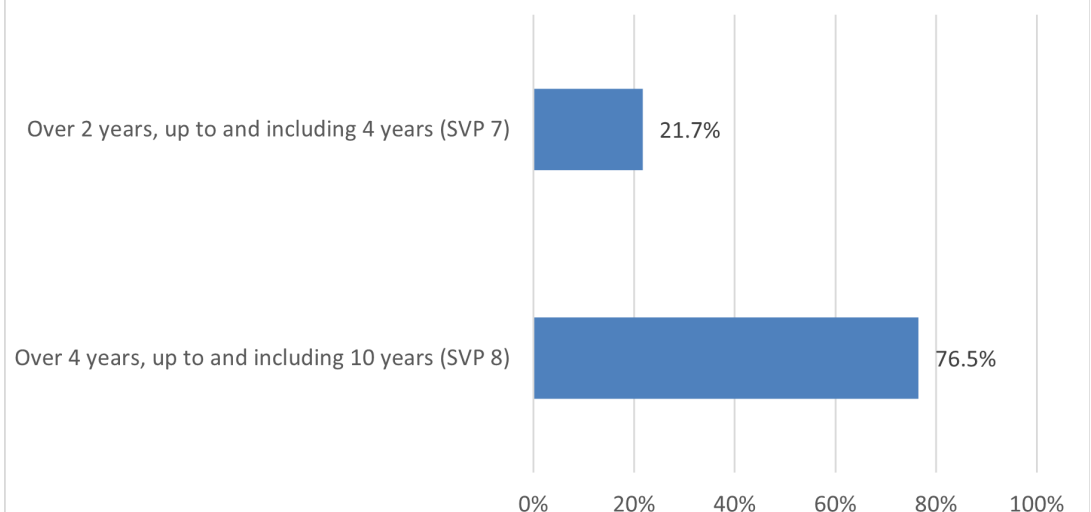
## Education, training, and experience requirements

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

In 2022, credentials were required for 85.3 percent of mental health counselors. Prior work experience was required for 36.6 percent and on-the-job training was required for 75.4 percent.

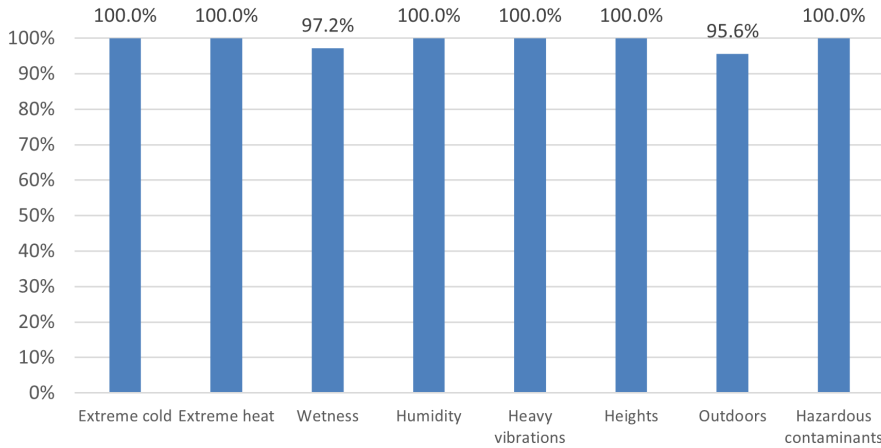
A master's degree was required for 83.7 percent of mental health counselors.

**Chart 1. Percentage of mental health counselors by specific preparation time (SVP) level, 2022**



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

**Chart 2. Percentage of mental health counselors without exposure to environmental conditions, 2022**



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 2022, a quiet noise exposure was present for 36.9 percent of mental health counselors, and 63.1 percent were exposed to moderate noise. Personal protective equipment (PPE) was not used by 100.0 percent of workers to mitigate noise exposure.

### Physical demands

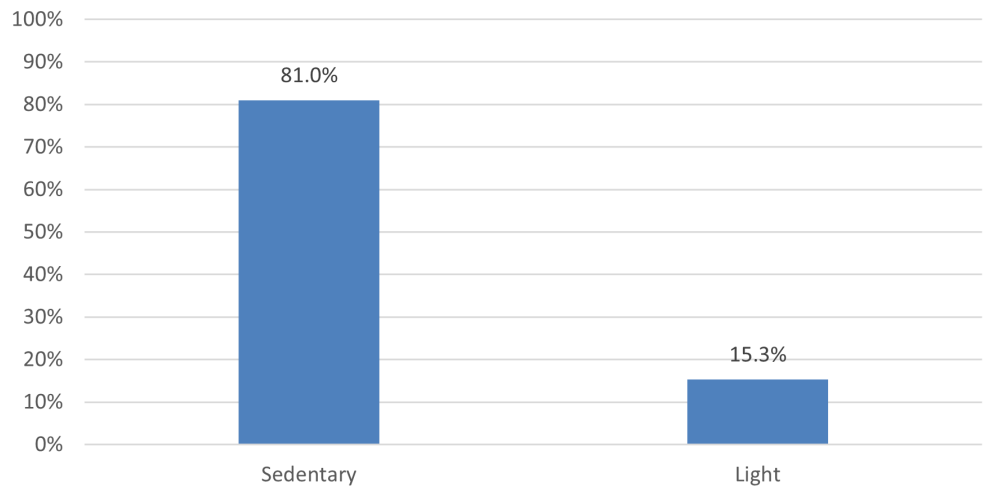
Refer to the physical activities required to perform tasks in jobs. The presence and, in some cases, duration of these activities are published.

In 2022, reaching at or below the shoulder was required for 36.1 percent of mental health counselors and was not required for 63.9 percent.

Performing work in low postures was not required for 93.5 percent of mental health counselors.

The choice to sit or stand when performing critical tasks was available to 87.6 percent of mental health counselors. On average, workers spent 85.2 percent of the workday sitting and 14.8 percent of the workday standing.

**Chart 3. Percentage of mental health counselors by strength level requirements, 2022**



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

**Table 2. Percentage of mental health counselors with physical demands, 2022**

Requirement	Yes	No
Choice of sitting or standing	87.6	12.4
Driving	29.3	70.7

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