

Mental Health

With the increase in performance demands from our daily lives, it is not uncommon for individuals to experience coping difficulties leading to mental health challenges. Occupational Therapists consider each case unique and will guide individuals through a process of recovery and empowerment to maintain wellbeing. We teach practical skills and strategies to improve resilience:

- Education
- Life skills training, e.g time management, goal setting, budgeting, emotional regulation, conflict management
- Environmental adaptations
- Recreation exploration and participation
- Family and other stakeholder guidance

When to call your OT?

- Do you experience daily anxiety or lack in drive or motivation?
- Are you constantly procrastinating and not able to get through your daily tasks?
- Is returning to work, following a prolonged period off due to mental health challenges, a daunting thought?
- Do you feel like you just don't know where to start putting your life back together?