

WHAT TO EXPECT

Our services adopt a collaborative approach, working together with individuals to identify key concerns and potential strategies.

Sessions are available one-on-one or in a group setting, either in person or through teleconsultations.

The frequency of session depends on individual needs. Each session may run from 45 minutes to an hour. The individual's needs and goals will be reviewed after a few sessions to assess the need for continuation of service and/or referral to external service providers in the community.



MENTAL HEALTH & WELLNESS

DEPARTMENT OF
**OCCUPATIONAL
THERAPY**



Occupational Therapy Mental Health and Wellness Services

Mental health challenges can affect an individual's capacity to carry out everyday tasks and fulfil important responsibilities.

Occupational therapists (OTs) support individuals in their mental health recovery by helping them develop coping skills and manage daily routines. Our service use a collaborative, self-management approach to empower individuals to engage in meaningful activities and fulfil valued life roles.

Who will benefit?

Individuals with mental health concerns who face difficulties with:

- Performing daily activities (such as self-care, sleep, school/work, leisure)
- Fulfilling life roles (such as student, worker, volunteer, parent, child, spouse)



RANGE OF INTERVENTIONS

Goal-setting and Action Planning

OTs work with individuals to set personalised goals in areas of daily activities and life roles that they find meaningful, to support their recovery. These goals are broken down into small, manageable steps, and plans are adjusted as needed based on progress.

Functional Assessment and Training

OTs support individuals in understanding how their mental health affect daily functioning, identifying strengths and areas where support is needed.

Support may be provided in:

- Finding ways to make daily tasks easier
- Building communication and social skills

Lifestyle Interventions

OTs assist individuals in building routines to add structure to their day and developing coping strategies to improve their overall well-being.

Interventions may include:

- Exploring and engaging in meaningful activities
- Activity scheduling
- Learning how to manage stress and cope with challenges

Return-to-work Coordination and Support

OTs support individuals in resuming work through the following interventions:

- Employer liaison for modification of work duties
- Developing work skills such as workplace communication and task performance
- Identifying and managing workplace triggers

Group-Based Therapy

OTs run group sessions to provide individuals with a platform to connect with others, share experiences, and learn helpful ways to cope with daily life challenges.

Possible content include:

- Self-care and building daily routines
- Managing stress
- Improving sleep