Occupational Therapy Australia

Occupational therapy in mental health



An occupational therapist may be able to help you to:

- Feel better about life
- Handle difficulties more confidently
- Have healthy, supportive relationships
- Spend more time doing the things that matter to you

What is occupational therapy?

Occupational therapy is a healthcare profession that helps people across the lifespan to do the activities they find meaningful, including the things they want or need to do in their daily life.

Mental health occupational therapy

There is a strong link between our mental health and our daily activities (or 'occupations'). The way we are thinking and feeling can change the way we spend our time, just as the things we do in our day-to-day life can affect the way we think and feel.

Mental health occupational therapists understand this connection. Mental health occupational therapists believe that people have the power to make changes, focus on their strengths, explore their passions and create a meaningful life, even when they are dealing with mental and/or physical health issues.

A mental health occupational therapist can help you:

- Identify your strengths, values and goals
- Be more involved in new or existing activities
- Increase life skills, such as stress management, budgeting, organisation, planning and communication skills
- Make changes to your home, workplace or classroom
- Strengthen your relationships and support networks
- Adjust to changes such as parenthood, retirement or losing a loved one

Occupational therapists work with people from all age groups and with a variety of concerns.

Where do mental health occupational therapists work?

Mental health occupational therapists work in many places, including:

- Public and private hospitals
- Community-based mental health teams
- Private practice
- Schools
- Housing and social welfare services
- Residential care facilities
- Training and employment services

Some occupational therapists are able to visit people in their homes, schools or workplaces.

To find a local (or telehealth) mental health occupational therapist in OTA's 'Find an OT' directory, **scan the QR code** or visit **otaus.com.au/find-an-ot**

You can search the directory by 'Mental Health Endorsed.'

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