

Your Mental Health and Occupational Therapy

Helping you to make it happen!

Assist me to build my ability to return to work

Strengthen my personal care routine

Coach me in setting goals for my lifelong recovery

I live with mental health challenges. My OT can...

Help my family understand roles and responsibilities in my care

Help me to establish effective living skills



Help me explore healthy leisure activities

Assist me in recognizing how substance use affects my ability to achieve my goals

Support me in transition from hospital back to my community



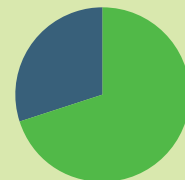
1 in 5

Canadians will experience a mental illness in their lifetime



Half of Albertans

indicate unmet needs with regards to mental health/addiction issues



70%

of mental health problems are onset in childhood or adolescence