



OCCUPATIONAL THERAPY IN MENTAL HEALTH

Occupational Therapy (OT) involves the therapeutic use of everyday life activities (occupations) with individuals, groups, communities, and populations to optimize independence, quality of life, and participation in valued life roles. VA's over 2,000 occupational therapists and certified occupational therapy assistants provide Veteran-centric, evidence-based care by addressing the physical, cognitive, psychosocial, and environmental factors that impact Veterans' function and quality of life. OT works collaboratively with the mental health treatment team to support evidence-based care.

OT Areas in Mental Health

Ability to live alone

Wellness and health management

Sensory integration and processing

Ability to care for yourself and others

Role development during transition

Pain rehabilitation

Functional cognition

Community living

Community mobility and driving

Vocation/avocation skill development

Ask for OT!