

# 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*



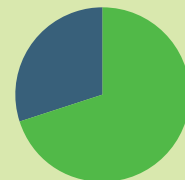
**1 in 5**

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