

# Occupational Therapy: Improving Mental Health at Work

## What is an Occupational Therapist?

Occupational therapists are health care professionals who empower people of all ages to overcome barriers in their everyday lives (*at work, school, home or in the community*) so they can do more and live better!

## Occupational Therapists in Workplace Mental Health

Whether you're entering the workforce for the first time, going back to work after an illness or injury or want a healthier workplace, an occupational therapist can provide you or your employer the support you need. *Occupational therapists bridge the gap between healthcare and the workplace.* They use their skills to create an optimum fit between your mental health needs and the demands of the job, culture and expectations of the workplace.

## What can an occupational therapist do for your mental health at work?



### Prevention

- Educate leaders and co-workers about mental health at work
- Promote work-life balance and strategies to manage stress and psychological needs
- Support development of psychological health and safety policies and practices



### Return to Work

- Help you navigate the complex process of sick leave and return to work
- Assess the fit between your job demands, work environment and work capabilities
- Build your physical, cognitive and emotional readiness to return to work
- Provide work-focused interventions such as cognitive work hardening and work simulation
- Build a customized return-to-work plan, including job accommodations and supports



### Stay at Work

- Help you develop skills and confidence to manage stress, conflict and relationships at work
- Enable healthy lifestyle habits and promote resiliency skills
- Identify workplace supports and job accommodations to optimize your performance

Learn more about how an OT can help you in the workplace!