

OCCUPATIONAL THERAPY

& MENTAL HEALTH AND SUBSTANCE USE IN BC

“There is no health without mental health.”

—World Health Organization

1 IN 5 BRITISH COLUMBIANS

will experience a mental health or substance use problem this year

OCCUPATIONAL THERAPISTS

HELP PEOPLE



PREVENT MENTAL ILLNESS AND SUBSTANCE USE



RECOVER FROM MENTAL HEALTH CONDITIONS, KEEPING FAMILIES AND COMMUNITIES TOGETHER



MAINTAIN POSITIVE MENTAL HEALTH

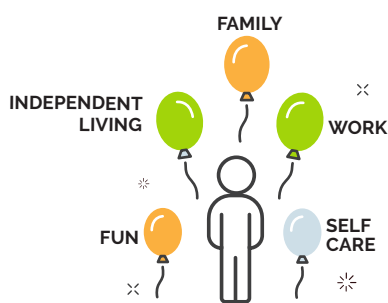
75% of young people will experience a mental health or substance use problem by the age of 24

ONLY 10% of BC OTs work in mental health and substance use

OCCUPATIONAL THERAPISTS PROVIDE



EARLY PREVENTION & YOUTH-CENTRED INTERVENTIONS

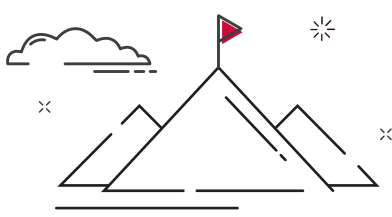


SUPPORT TO HELP BUILD LIFE SKILLS SO PEOPLE CAN BE ACTIVE & ENGAGED MEMBERS OF SOCIETY



COST-EFFECTIVE & TIMELY CARE

OCCUPATIONAL THERAPISTS CONSIDER THE WHOLE-PERSON, FOCUSING ON..



PERSONAL GOALS
CLIENT DRIVEN

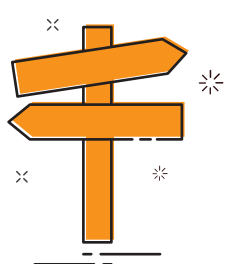


ENVIRONMENT
HOME - WORK - SCHOOL



PARTICIPATION IN MEANINGFUL ACTIVITIES
LIVE A FULFILLING LIFE

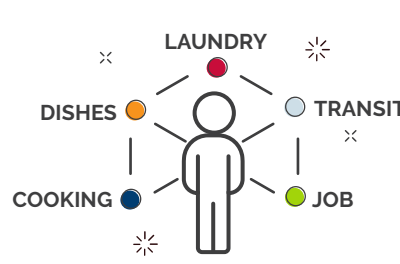
OCCUPATIONAL THERAPISTS HELP YOU PARTICIPATE IN THE ACTIVITIES THAT ARE IMPORTANT TO YOUR EVERYDAY LIFE



SUPPORTING TRANSITIONS



RETURNING TO WORK OR SCHOOL



BUILDING LIFE SKILLS



TAKING CARE OF YOURSELF

Occupational therapy is a regulated health profession focused on improving your health and well-being so you can do more and live better