

Occupational Therapy Practice in Mental Health

Empowering Individuals to Live Life to the Fullest

Mental Health and OT Overview

- 21% of all U.S. adults have a mental illness
- 17% of youth (6 to 17) experience a mental disorder
- OT Practitioners address mental health needs of clients across the lifespan and in all practice settings
- OT is in high-demand in the workforce, anticipating 17% growth

(WHO, 2011; AOTA, 2016; NAMI, 2022)



OT Practitioners address mental health needs of clients throughout all different stages of life.

Who do OTs in Mental Health work with?

The whole person, who is unique and brings a specific constellation of experiences and circumstances.



OTs work holistically with clients of all ages, with a broad range of diagnoses or conditions.



Where do OTs in Mental Health work?

- Mental health acute care and inpatient hospitals
- Vocational rehabilitation
- Schools
- Community-based settings
- Nontraditional & innovative practice settings

OT Practice in Mental Health

Children and Adolescents & Adults and Older Adults

- relaxation and stress management
- bully prevention
- self-regulation
- wellness promotion through routines
- workplace health and wellness
- substance use recover intervention
- social and community engagement

and so much more!

<https://www.artofendingstigma.com/what-is-mental-illness>

