

Mental Health Occupational Therapy


Helping patients manage mental health challenges and improve their daily lives

Does your patient experience any of the following:

- Struggling with daily tasks due to mental health?
- Work, leisure, or social life impacted by emotional health?
- Mental health and/or neurodevelopmental diagnosis?
- Difficulty managing stress, sleep, or emotions?
- Concerns about safety or independence?
- Need help with environment, tools, or strategies?
- Cognitive or sensory processing issues?
- Support needed for work, studies and other life roles?

If yes, then they will be a good fit for our service.


Who We Can Assist



Adults and children with mental health conditions including stress, depression, anxiety, personality disorders, schizophrenia, and many more.

Our Interventions & Support

Psychological-based Strategies




ACT, CBT, mindfulness, emotional regulation, resilience building

Support for Social & Emotional Well-being

Grief and loss, trauma-informed care, social skills training, leisure exploration



Daily Activities, Roles & Self-management

- Goal setting, assistive aids, community access, self-care, return-to-work planning
 - Stress management, sleep hygiene, pacing, environment modification, cognitive rehabilitation
- 

Sensory & Virtual Reality Therapy

- Graded exposure, trauma, OCD, anxiety
 - Addressing mental health and neurodevelopmental challenges
- 

How to Refer to Lifeworks OT

Email: referrals@lifeworksot.com.au

Call: (08) 7082 0622

Fax: (08) 6323 3329

Web: lifeworksot.com.au/referrals

Accepted referral pathways: Medicare CDM, Mental Health Plan (BAMH), WorkCover, Motor Vehicle Accident Insurance, NDIS

