

Virtual Reality Occupational Service

Unleash the Power of Virtual Reality for Your Well-Being!

How VR Can Empower You:

Emotional Regulation



Experience immersive scenarios designed to help you manage stress, anxiety, and emotional challenges effectively. Develop essential coping skills in a controlled, supportive environment.

Physical Activity



Engage in virtual environments that encourage movement and exercise, promoting physical fitness and a healthier lifestyle.

Grounding



Immerse yourself in calming and soothing VR environments to foster a sense of stability and connectedness, aiding in relaxation and emotional grounding.

Mindfulness & Relaxation



Escape the pressures of everyday life and find tranquility through guided mindfulness exercises in captivating virtual settings.

Graded Exposure



Safely confront and overcome fears or phobias through gradual exposure in a controlled and guided virtual environment.

Pain Care



Experience pain management techniques in a new dimension. VR can assist in redirecting focus, reducing pain perception, and promoting overall comfort.

Mental Health



Embark on a journey of self-discovery and emotional healing. VR offers a unique platform for therapy and personal growth.



EXPLORING VR FOR YOUR HEALTH:



Contact Our Customer Care Team: Reach out to our dedicated team of experts to discuss your needs and interests.



Personalised Assessment: We'll work closely with you to understand your unique situation and recommend suitable VR experiences.



Trial and Transformation: Experience the power of VR firsthand through a guided trial session tailored to your goals. Witness the potential impact on your mental and physical health.

WHAT THIS MEANS FOR YOU:

Imagine a world where you can confront challenges, alleviate pain, and nurture your mental health in ways you never thought possible. With VR, you have the opportunity to take control of your well-being and embrace a brighter future.

UNLOCK A NEW CHAPTER OF WELLNESS WITH VR!

Join us in harnessing the incredible potential of Virtual Reality for your mental health and complex health conditions. Contact our customer care team today to discover how virtual reality can help you on your journey to better health and well-being.

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

