

Occupational Therapy Services for Depression



People who are experiencing depression can receive OT services to help them do the activities they want and need to do every day.

Occupational therapy practitioners work with clients to:

- Help them identify their individual needs and goals
- Recognize and manage stress and emotions
- Learn strategies for planning and completing necessary tasks (e.g., personal care, home management, work, school, or caring for others)
- Create techniques to simplify their schedule and reduce feelings of fatigue
- Improve sleep patterns and quality
- Increase physical activity
- Identify and carry out plans for engaging in pleasurable activities such as hobbies and leisure
- Seek social support and interaction with family, friends, and coworkers
- Develop strategies to assist with taking medication as prescribed

What You Can Do



Ask yourself if depression is affecting your ability take care of yourself and complete necessary tasks



Ask your care provider for occupational therapy services

Resource: [Noyes, S., & Lannigan, E. G. \(2019\). Occupational therapy practice guidelines for adults living with serious mental illness. AOTA Press.](#)