

Occupational Therapy and Suicide Prevention

Suicidal thoughts and behaviors can affect people of all ages, cultures, education and income levels. Suicide or suicidal behaviors differ from person to person, but are often predicated by overwhelming feelings of hopelessness and helplessness.

Occupational therapists routinely interact with clients about intimate details of their lives, and so are positioned to detect and respond to a risk of suicide in any practice setting. Occupational therapists approach health and wellness perspectives that consider a person's needs within the contexts of family, community, and daily activities.

I can help you to:

- Identify the occupations and activities that make your life meaningful
- Plan, initiate and track short and long term goals that enable participation in those activities.
- Address possible risk factors for suicide
- Connect with a network of community supports
- Structure and organize daily activities to balance everything you want, need or are expected to do



Occupational therapist name
and business information: