



# Occupational Therapy Services for Children's Mental Health

Children can receive occupational therapy services to help them cope with anxiety, stress, and trauma. Occupational therapy services can help children do the things they need and want to do and experience well-being.

## Occupational therapy practitioners work with clients to:

- Manage emotions and cope with feelings of stress and overwhelm
- Identify strengths and create opportunities where they feel successful
- Use strategies to promote feelings of mental wellness
- Explore interests and identify leisure activities
- Develop habits and routines that support mental health
- Connect with peers and classmates
- Ask for help when needed
- Advocate for themselves

## What You Can Do



Ask yourself if your child needs help with their mental health



Ask your child's pediatrician or school team about occupational therapy services

Resource: American Occupational Therapy Association. (n.d.). School mental health toolkit: School mental health interventions. <https://www.aota.org/practice/clinical-topics/school-mental-health-toolkit>