What participants say about Occupational Therapy (O.T.) services:

“OTs have helped me to discover all the good that I am and more what I can and will be.”

“Helped me to be creative in thought and art. Helped me with better goals for life.”

“The occupational therapist reviewed budgeting and paying bills for when I live on my own. I was able to practice my cooking skills.”

What is O.T.?

O.T. helps people build skills that are important for health, well being, security, and independence.

Occupational Therapists (O.T.s) work with people of all ages either individually or in groups. They can help you develop skills in:

- Self-care and hygiene
- Money management
- Time management
- Cooking, laundry and home care
- Leisure activity exploration
- Stress Management
- Job Development
- And much more…

Check areas where an OT can help you:

- Preparing for living on my own
- Being able to make all appointments
- Organizing medication schedule
- Banking, bill paying and budgeting
- Shopping for food, clothing or home
- Making healthy meals
- Housecleaning and laundry
- Organizing my stuff and my life
- Looking for a job
- Doing better in school
- Stress management
- Mindfulness practice and mental focus
- Developing leisure skills
- Socializing with others
- Expressing myself creatively
- Communicating better with others
- Other ____________________________

Send to: MHASMC
O.T. Program
2686 Spring St
Redwood City, Ca 94063

Do you....
Have trouble with self-care, cooking or cleaning?

Feel uncomfortable in groups?

Forget appointments, paying bills or medications?

How can someone get occupational therapy services through MHA?

Consumers in the San Mateo County Mental Health System can complete the sign-up form included here and send it to:

MHASMC
O.T. Program
2686 Spring St
Redwood City, Ca 94063

Case managers and therapists may submit a referral form on a client’s behalf. To obtain a form call:

650-368-3345 ext.132
Or Fax: 510-879-0354
Or check our website
www.mhasmc.org

OCCUPATIONAL THERAPY

Skill Building for Life

Community Housing Rehabilitation Independent Skills (CHRIS) Program

Mental Health Association of San Mateo County
2686 Spring St
Redwood City, Ca 94063