

Are you experiencing any of the following for first time?



Stress

Anxiety

**New
diagnosis of
a long term
condition**

**Long
covid**

**Staying in
or returning
to work**

Falls

**Issues
with
sleep**

**Persistent
pain**

Tiredness

**Difficulties
with day to
day activities**

**Women's
health**

If so, occupational therapy might be able to help and support you:

- to maintain your independence
- break down tasks into manageable steps
- discuss strategies to help you manage your condition
- work with you to see your problems from a different angle
- to engage in meaningful activities

Please ask reception or during your appointment to see us



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