



WHY WHOLE PERSON APPROACH?

✓ Physical

✓ Psychosocial

✓ Cognitive

✓ Spirituality

Creative solutions for workplace challenges

MENTAL HEALTH SERVICES



An individual with a mental health condition will commonly experience impacts in work ability, as well as at home and in the community. The mental health challenges may include anxiety, depression, the effects of trauma, addictions, co-occurring disorders such as physical illness with concurrent mental health issues or substance use.

We provide an individualized client centered approach directed at preparing the individual to return to work with their specific job tasks and workplace demands.

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Our **mental health** therapeutic interventions include:

- **Behavior Activation** – a strength based approach focused on activity engagement targeting specific individualized goals to return to function in the areas of self-care, work and leisure
- **Brief Treatment** – focused short term intervention informed by Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT) principles. Goals may include symptom awareness and management, developing coping skills to tolerate distress and manage challenging emotions, effective communication, relaxation and mindfulness skills
- **Problem Solving and Coping Skills** – for challenging job tasks and workplace conflict
- **Life Transitions Management** – for major life changes such as changes in income or job, transition from work to retirement
- **Recovery Oriented Services** – for co-occurring disorders

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