

# It is never too early to have a conversation about...



**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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