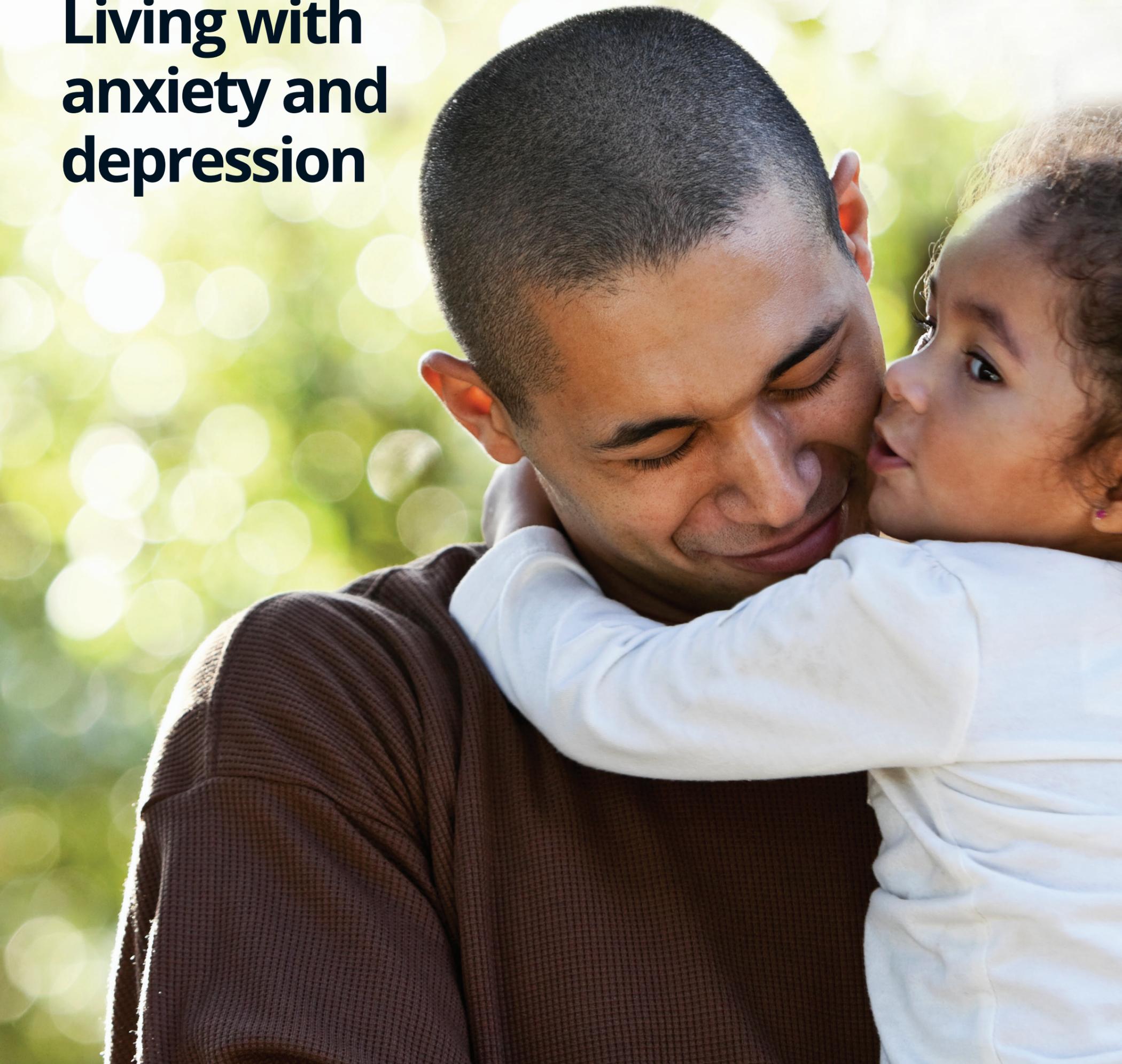


Occupational Therapy

Living with anxiety and depression



Occupational therapy can help you lead an active, full life and achieve your goals. For top tips and advice on how occupational therapists can help, go to [rcot.co.uk](https://www.rcot.co.uk)

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