

Right Support, Right Time: Unlocking the Power of OT

Supporters pack

Occupational therapy is a vital part of the solution to the challenges facing health, social care and education. The Royal College of Occupational Therapists' (RCOT) campaign – Right Support, Right Time – calls for earlier access to occupational therapists and a shift towards prevention-focused care that better meets people's needs and reduces pressure on services.

We'll be launching the campaign on **Monday 3 November 2025**, at the start of **OT Week**. Campaign content will be shared across RCOT's channels throughout the week, from **3–9 November**, and we'd love your support in helping amplify the message.

This pack is designed to help you support and share the campaign. Whether you're a policymaker, service leader, commissioner or advocate, your voice can help unlock the power of occupational therapy and ensure people get the right support at the right time.

You don't need to be an occupational therapist to get involved. Simply sharing the campaign content helps highlight the value of occupational therapy and its role in building a fairer, more sustainable health and care system. But if you have an occupational therapist in your organisation, we recommend connecting with them and that you help share stories of the impact they make and support their profile-raising activities.

There are four simple ways you can help amplify the campaign:

- **Display graphics** in your workplace or public spaces on digital platforms or emails
- **Reshare RCOT's campaign posts** on social media
- **Include campaign content** in newsletters, bulletins or websites
- **Connect with your local occupational team** (if you have one) and support their profile-raising activities

You'll find suggested actions, key messages and ready-to-use content in this document to help you share the campaign across your networks and channels. In the full download pack, you'll have the graphics shown in this document. All core campaign materials are available in English and Welsh to support inclusive communications across the UK.

If you have any questions or need support with sharing the campaign, contact us at marketing@rcot.co.uk

1. Campaign overview

Right Support, Right Time: Unlocking the Power of OT

This campaign positions occupational therapy at the heart of health, education and social care. It calls for a shift towards prevention-focused care – helping people earlier, easing pressure across services and showing how occupational therapy is an essential part of the solution.

Always use the campaign name in sentence case exactly as shown. Where possible, use the full

title unless you're creating short-form content (such as social media posts, email subject lines or slide headers).

Hashtags

Use **#RightTimeOT** across all campaign communications.

During OT Week, this can be used in conjunction with **#OTWeek25**.

Launch date and timing guidance

The campaign will launch on **3 November 2025**, at the start of OT Week.

Until then, please only share content that promotes your own activities. Sharing campaign-related content too early could dilute its overall impact.

Campaign hub

Find out more and access campaign resources at:

www.rcot.co.uk/righttimeOT

Key messages

- Occupational therapy helps people stay well for longer and avoid crises – especially when occupational therapists are involved early.
- Occupational therapists bring unique skills that have the greatest impact when used early and in the right way.
- Occupational therapists help avoid unnecessary hospital admissions, support recovery from hospital to home and reduce the need for long-term care – saving money across health and social care.
- Occupational therapists help ease pressure on health, social care and special education services.
- Occupational therapists help reduce health inequalities and improve sustainability.
- We want to shift the focus from crisis-driven care to prevention-focused approaches.
- Occupational therapists must be embedded in the places where people live, work and seek support.
- Occupational therapy must be central to the future of health, education and social care – supporting UK-wide plans to shift care into communities and take a more preventive approach.

2. Posters and banners

Use these visuals to help raise awareness in your workplace or community. The full-size PDF posters are included in the downloadable campaign kit – ideal for display in offices, clinics, noticeboards and shared spaces. The banners can be used on digital platforms including emails.





Right Support, Right Time: Unlocking the Power of OT

rcot.co.uk/RightTimeOT

Cefnogaeth lawn, Amser lawn: Datgloi Pŵer ThG

Gofal sy'n canolbwyntio
ar atal. Canlyniadau
gwell. Buddsoddiad
mwy clyfar.



Mae therapi galwedigaethol yn helpu pobl i aros yn
iach yn hirach ac osgoi argyfyngau - yn enwedig
pan fydd therapyddion galwedigaethol yn rhan o'r
broses gofal yn gynnar.

Drwy wneidio therapyddion galwedigaethol mewn lleoliadau bob
dydd fel meddygfeydd, ysgolion a'r gwasanaeth tai, gallwn gefnogi
pobl cyn i'w engienion waethgu.

Mae'r dull rhagwoithiol hwn sy'n canolbwyntio ar yr unigolyn
yn arbed arian, yn lleihau'r pwysau ar wasanaethau ac yn
gwella bywydau.

Rhaid i therapi galwedigaethol fod
yn ganolog i gynllunio a buddsoddi
yn y dyfodol.

Sganiwch
am ragor o
wybodaeth



Right Support, Right Time: Unlocking the Power of OT

Prevention-focused care
Better outcomes
Smarter investment



Occupational therapy helps people stay well
for longer and avoid crises – especially when
occupational therapists are involved early.

By embedding OTs in everyday settings like GP practices,
schools and housing, we can support people before
needs escalate.

This proactive, person-centred approach saves money,
reduces pressure on services and improves lives.

Occupational therapy must be
central to future planning
and investment.

Scan to find
out more



Right Support, Right Time: Unlocking the Power of OT

A smarter system starts
with earlier support



Occupational therapists bring practical,
personalised solutions that reduce hospital
admissions, support recovery at home and
reduce the need for long-term care.

They help build a system that's proactive, not reactive
one that meets population needs and tackles inequalities.

To unlock the full potential of occupational therapy,
we must embed it earlier and everywhere.

Let's build a system that works
– for people and for services.

Scan to find
out more



Cefnogaeth lawn, Amser lawn: Datgloi Pŵer ThG

Mae system fwy clyfar
yn dechrau gyda
chymorth cynharach.



Mae therapyddion galwedigaethol yn dod ag
atebion ymarferol, personol sy'n lleihau derbyniadau
i'r ysbyty, yn cefnogi adferiad gartref ac yn
lleihau'r angen am ofal hirdymor.

Maent yn helpu i greu system sy'n rhagwoithiol, nid yn adweithiol
– system sy'n diwella anghenion y boblogaeth ac yn mynd i'r afael
ag anghydraddoldebau.

I ddatgloi potensial llawn therapi galwedigaethol, rhaid i ni sicrhau
ei fod ar gael yn gynharach ac ym mhobman.

Gadewch i ni greu system sy'n
gweithio - i bobl ac i wasanaethau

Sganiwch
am ragor o
wybodaeth



3. Social media toolkit

Social media is a powerful way to help raise awareness of occupational therapy and support the Right Support, Right Time campaign. By sharing posts across your channels during OT Week and beyond, you'll help amplify the message and show your support for prevention-focused care that meets people's needs earlier and more effectively.

We'll be sharing campaign posts from 3–9 November 2025, across LinkedIn, Facebook, Instagram, Threads and BlueSky. You can support the campaign by resharing these posts or using the ready-made content included in this pack.

You'll find our campaign posts on our social media pages from 3–9 November.

- [Facebook](#)
- [Instagram](#)
- [Threads](#)
- [Bluesky](#)
- [LinkedIn](#)

We're no longer active on X, as we believe it doesn't align with our values of integrity and inclusivity.

You'll find below two suggested posts with accompanying graphics, text and alt text. The graphics are available in square and portrait formats – square works best for posts, while portrait is ideal for stories.

Please use the hashtag #RightTimeOT in all posts. During OT Week, you can also use #OTWeek25 to connect with wider campaign activity.

OT belongs in everyday places

Graphic:	
Post text:	Occupational therapists belong in the places people live, work and learn. From GP practices to schools, they support people before needs escalate. Find out more: rcot.co.uk/RightTimeOT #RightTimeOT
Alt text:	Text on image reads 'OT belongs in everyday places' in large font, campaign name 'Right Support, Right Time' in smaller font. Image shows illustrations of someone working at a desk and someone cooking. The RCOT logo and campaign link rcot.co.uk/RightTimeOT are at the bottom.

Graphic:



Post text: Dylai therapyddion galwedigaethol fod mewn lleoliadau mae pobl yn byw, yn gweithio ac yn dysgu ynddynt. Mewn meddygfeydd ac ysgolion, maent yn cefnogi pobl cyn i'w anghenion waethgu.

Alt text: Dylai therapyddion galwedigaethol fod mewn lleoliadau mae pobl yn byw, yn gweithio ac yn dysgu ynddynt. Mewn meddygfeydd ac ysgolion, maent yn cefnogi pobl cyn i'w anghenion waethgu.

Occupational therapy saves money and supports recovery

Graphic
content:



Post text: Mae therapi galwedigaethol yn arbed arian ar draws gwasanaethau iechyd a gofal drwy leihau derbyniadau i'r ysbyty ac anghenion gofal tymor hir. Mae'n ymarferol, yn canolbwyntio ar yr unigolyn ac yn gost-effeithiol.

Alt text: Mae'r testun ar y llun yn dweud 'Mae therapi galwedigaethol yn arbed arian ac yn helpu pobl i wella' mewn ffont mawr, gydag enw'r ymgyrch 'Cymorth lawn, Adeg lawn' mewn ffont llai. Mae'r llun yn dangos darluniadau o rywun yn reidio sgwter a rhywun yn gweithio wrth ddesg. Mae logo'r RCOT a dolen yr ymgyrch rcot.co.uk/RightTimeOT ar y gwaelod.4

Graphic
content:



Post text:

Occupational therapy saves money across health and care by reducing hospital admissions and long-term care needs. It's practical, person-centred and cost-effective. Find out more: rcot.co.uk/RightTimeOT #RightTimeOT

Alt text:

Text on image reads 'Occupational therapy saves money and supports recovery' in large font, campaign name 'Right Support, Right Time' in smaller font. Image shows illustrations of someone in a chair elevating an injured leg and someone brushing their hair. The RCOT logo and campaign link rcot.co.uk/RightTimeOT are at the bottom.

4. Content for newsletters, bulletins and websites

Use these ready-made campaign narratives to include in your newsletters, bulletins or websites — helping you share the message clearly and consistently across your channels.

Introduction (77 words)

The Royal College of Occupational Therapists' campaign – Right Support, Right Time: Unlocking the Power of OT – shines a spotlight on the vital role of occupational therapy across health, social care and education. It calls for earlier access to occupational therapists and a shift towards prevention-focused care that better meets people's needs and reduces pressure on services.

Read on to find out more about why occupational therapy must be central to future planning.

Insert here the long, medium or short campaign narrative

Find out more at: www.rcot.co.uk/righttimeOT

Long version (440 words)

The Royal College of Occupational Therapists' campaign – Right Support, Right Time: Unlocking the Power of OT – shines a spotlight on the vital role of occupational therapy across health, social care and education.

It calls for earlier access to occupational therapists and a shift towards prevention-focused care that better meets people's needs and reduces pressure on services. Read on to find out more about the campaign's message and why occupational therapy must be central to future planning.

Occupational therapy helps people stay well for longer and avoid crises – especially when occupational therapists are involved early. It plays a vital role in health, social care and society by enabling people to stay connected and engaged in the activities that matter to them.

Occupational therapists bring unique skills that have the greatest impact when used early and in the right way. Their timely input helps people manage changes before they become more complex and entrenched. Across all stages of life, from childhood to older age, occupational therapists make the biggest difference when they apply their full expertise.

Occupational therapists help avoid unnecessary hospital admissions, support recovery from hospital to home and reduce the need for long-term care – saving money across health and social care. They do this by providing proactive, person-centred support. By looking at the whole person – their environment, routines, goals and challenges – they offer practical solutions tailored to everyday life.

Occupational therapists help ease pressure on health, social care and special education services. Whether supporting people to get safely home from hospital, enabling community living or helping people take part in leisure activities, education and employment, occupational therapists help prevent needs from escalating and reduce reliance on acute services.

Occupational therapists help reduce health inequalities and improve sustainability. They use occupations to promote social inclusion and connect people to the activities that benefit their health. By getting involved early, they reduce the likelihood of people becoming unwell. Participating in work, education and leisure improves wellbeing and can provide a way out of poverty. Pivoting services to meet population needs prevents hospital admissions, making better use of hospital resources and equipment, saving time and costs, easing system pressure and reducing energy use.

We want to shift the focus from crisis-driven care to prevention-focused approaches. Rather than reacting to problems, we need to reach people sooner. The right support at the right time will have the greatest impact. This means involving occupational therapists early and enabling them to work in ways that make full use of their expertise.

Occupational therapists must be embedded in the places where people live, work and seek support. They should be visible and accessible across the entire system, especially in local services, where early signs of need often emerge. For example, in GP practices, schools, housing services and community mental health teams.

Occupational therapy must be central to the future of health, education and care – supporting UK-wide plans to focus on care in communities and take a more preventive approach. By recognising the value of occupational therapy and enabling occupational therapists to work in the right way, we can build a more proactive, person-centred system that supports people to live well and thrive.

Medium version (250 words)

Occupational therapy helps people stay well for longer and avoid crises – especially when occupational therapists are involved early. It plays a vital role in enabling people to stay connected to the activities that matter most, supporting wellbeing across health, social care and society.

Occupational therapists bring unique skills that have the greatest impact when used early

and in the right way. Their timely input helps people adapt to change before issues escalate, making a significant difference at every stage of life when their full expertise is applied.

Occupational therapists help avoid unnecessary hospital admissions, support recovery from hospital to home and reduce the need for long-term care – saving money across health and social care. They do this by offering proactive, person-centred support that considers the whole person and provides practical, everyday solutions.

Occupational therapists help ease pressure on health, social care and special education services. Whether enabling safe discharge, supporting community living or helping people access education, work and leisure, they prevent needs from escalating and reduce reliance on acute services.

Occupational therapists help reduce health inequalities and improve sustainability. By promoting inclusion and early intervention, they support wellbeing, reduce poverty risk and help services use resources more efficiently.

We want to shift the focus from crisis-driven care to prevention-focused approaches. Involving occupational therapists early ensures the greatest impact and enables them to work in ways that maximise their expertise.

Occupational therapists must be embedded in the places where people live, work and seek support. They should be visible across local systems, including GP practices, schools and housing services.

Occupational therapy must be central to the future of health, education and care. Recognising its value will help build a proactive, person-centred system that enables people to live well and thrive.

Short version (100 words)

Occupational therapy helps people stay well for longer and avoid crises – especially when occupational therapists are involved early. Their unique skills have the greatest impact when used early and in the right way. Occupational therapists help avoid unnecessary hospital admissions, support recovery and reduce long-term care needs. They ease pressure on services and help prevent needs from escalating. Occupational therapists help reduce health inequalities and improve sustainability.

We want to shift from crisis-driven care to prevention-focused approaches. Occupational therapists must be embedded in the places where people live, work and seek support. Occupational therapy must be central to the future of health, education and care.

Cyflwyniad (77 gair)

Mae Ymgyrch Coleg Brenhinol y Therapyddion Galwedigaethol - Cefnogaeth lawn, Amser lawn: Datgloi Pŵer Therapi Galwedigaethol yn tynnu sylw at rôl hanfodol therapi galwedigaethol ar draws gwasanaethau iechyd, gofal cymdeithasol ac addysg. Mae'n galw am allu cael gafael ar therapyddion galwedigaethol yn gynharach, a newid i ddull gweithredu sy'n canolbwyntio ar ofal ataliol er mwyn diwallu anghenion pobl yn well a lleihau'r pwysau ar wasanaethau.

Darllenwch ymlaen i gael gwybod mwy am pam mae'n rhaid i therapi galwedigaethol fod yn ganolog i gynllunio ar gyfer y dyfodol.

Rhowch naratif hir, canolig neu fyr yr ymgyrch yma

Mae rhagor o wybodaeth ar gael yn: www.rcot.co.uk/righttimeOT

Fersiwn hir (440 gair)

Mae Ymgyrch Coleg Brenhinol y Therapyddion Galwedigaethol - Cefnogaeth lawn, Amser lawn: Datgloi Pŵer Therapi Galwedigaethol yn tynnu sylw at rôl hanfodol therapi galwedigaethol ar draws gwasanaethau iechyd, gofal cymdeithasol ac addysg.

Mae'n galw am allu cael gafael ar therapyddion galwedigaethol yn gynharach, a newid i ddull gweithredu sy'n canolbwyntio ar ofal ataliol er mwyn diwallu anghenion pobl yn well a lleihau'r pwysau ar wasanaethau. Darllenwch ymlaen i gael rhagor o wybodaeth am neges yr ymgyrch a pham mae'n rhaid i therapi galwedigaethol fod yn ganolog i gynllunio ar gyfer y dyfodol.

Mae therapi galwedigaethol yn helpu pobl i aros yn iach yn hirach ac osgoi argyfyngau – yn enwedig pan fydd therapyddion galwedigaethol yn rhan o'r broses gofal yn gynnar. Mae'n chwarae rhan hollbwysig ym maes iechyd, gofal cymdeithasol a chymdeithas drwy alluogi pobl i gadw mewn cysylltiad a chymryd rhan yn y gweithgareddau sy'n bwysig iddyn nhw.

Mae therapyddion galwedigaethol yn dod â sgiliau unigryw sy'n cael yr effaith fwyaf pan gânt eu defnyddio'n gynnar ac yn y ffordd iawn. Mae eu cyfraniad amserol yn helpu pobl i reoli newidiadau cyn iddynt fynd yn fwy cymhleth a sefydledig. Ar draws pob cam o fywyd, o blentyndod i henaint, therapyddion galwedigaethol sy'n gwneud y gwahaniaeth mwyaf pan fyddant yn defnyddio eu harbenigedd llawn.

Mae therapyddion galwedigaethol yn helpu i osgoi derbyniadau diangen i'r ysbyty, yn cefnogi adferiad o'r ysbyty i'r cartref, yn lleihau'r angen am ofal hirdymor ac yn arbed arian ar draws iechyd a gofal cymdeithasol. Maent yn gwneud hyn drwy ddarparu cymorth rhagweithiol sy'n canolbwyntio ar yr unigolyn. Drwy edrych ar y person cyfan - ei amgylchedd, ei arferion, ei nodau a'i heriau - maent yn cynnig atebion ymarferol wedi'u teilwra i fywyd bob dydd.

Mae therapyddion galwedigaethol yn helpu i leddfu'r pwysau ar wasanaethau iechyd, gofal cymdeithasol ac addysg arbennig. Boed hynny'n cefnogi pobl i fynd adref yn ddiogel o'r ysbyty, galluogi pobl i fyw yn y gymuned neu helpu pobl i gymryd rhan mewn gweithgareddau hamdden, addysg a chyflogaeth, mae therapyddion galwedigaethol yn helpu i atal anghenion rhag gwaethygu a lleihau dibyniaeth ar wasanaethau aciwt.

Mae therapyddion galwedigaethol yn helpu i leihau anghydraddoldebau iechyd a gwella cynaliadwyedd. Maent yn defnyddio galwedigaethau i hyrwyddo cynhwysiant cymdeithasol a chysylltu pobl â'r gweithgareddau sydd o fudd i'w hiechyd. Drwy gyfrannu eu harbenigedd yn gynnar, maent yn lleihau'r tebygolrwydd y bydd pobl yn mynd yn sâl. Mae cymryd rhan mewn gwaith, addysg a hamdden yn gwella lles ac yn gallu darparu ffordd allan o dlodi. Mae newid cyfeiriad gwasanaethau i ddiwallu anghenion y boblogaeth yn atal derbyniadau i'r ysbyty, gan wneud gwell defnydd o adnoddau ac offer ysbyty, arbed amser a chostau, lleddfu'r pwysau ar y system a lleihau'r defnydd o ynni.

Rydym am ganolbwyntio ar ddefnyddio dulliau sy'n canolbwyntio ar ofal ataliol yn hytrach na gofal sy'n cael ei yrru gan argyfwng. Yn lle ymateb i broblemau, mae angen i ni gyrraedd pobl yn gynt. Y gefnogaeth iawn ar yr amser iawn fydd yn cael yr effaith fwyaf. Mae hyn yn golygu cynnwys

therapyddion galwedigaethol yn gynnar a'u galluogi i weithio mewn ffyrdd sy'n manteisio i'r eithaf ar eu harbenigedd.

Rhaid gwreiddio therapyddion galwedigaethol yn lleoliadau mae pobl yn byw, yn gweithio ac yn chwilio am gymorth ynddynt. Dylent fod yn weladwy ac yn hygyrch ar draws y system gyfan, yn enwedig mewn gwasanaethau lleol, lle mae arwyddion cynnar o angen yn aml yn dod i'r amlwg. Er enghraifft, mewn meddygfeydd, ysgolion, gwasanaethau tai a thimau iechyd meddwl cymunedol.

Rhaid i therapi galwedigaethol fod yn ganolog i ddyfodol iechyd, addysg a gofal - gan gefnogi cynlluniau ledled y DU i ganolbwyntio ar ofal mewn cymunedau a mabwysiadu dull gweithredu mwy ataliol. Drwy gydnabod gwerth therapi galwedigaethol a galluogi therapyddion galwedigaethol i weithio yn y ffordd iawn, gallwn adeiladu system fwy rhagweithiol sy'n canolbwyntio ar yr unigolyn ac sy'n cefnogi pobl i fyw'n dda ac i ffynnu.

Fersiwn canolig (250 o eiriau)

Mae therapi galwedigaethol yn helpu pobl i aros yn iach yn hirach ac osgoi argyfyngau – yn enwedig pan fydd therapyddion galwedigaethol yn rhan o'r broses gofal yn gynnar. Mae'n chwarae rhan hollbwysig yn y gwaith o alluogi pobl i gadw mewn cysylltiad â'r gweithgareddau sydd bwysicaf, gan gefnogi llesiant ar draws iechyd, gofal cymdeithasol a chymdeithas.

Mae therapyddion galwedigaethol yn dod â sgiliau unigryw sy'n cael yr effaith fwyaf pan gânt eu defnyddio'n gynnar ac yn y ffordd iawn. Mae eu cyfraniad amserol a'u harbenigedd llawn yn helpu pobl i addasu i newid cyn i faterion waethygu, gan wneud gwahaniaeth sylweddol ar bob cam o fywyd.

Mae therapyddion galwedigaethol yn helpu i osgoi derbyniadau diangen i'r ysbyty, yn cefnogi adferiad o'r ysbyty i'r cartref, yn lleihau'r angen am ofal hirdymor ac yn arbed arian ar draws iechyd a gofal cymdeithasol. Maent yn gwneud hyn drwy gynnig cymorth rhagweithiol sy'n canolbwyntio ar yr unigolyn, sy'n ystyried yr unigolyn cyfan ac yn darparu atebion ymarferol bob dydd.

Mae therapyddion galwedigaethol yn helpu i leddfu'r pwysau ar wasanaethau iechyd, gofal cymdeithasol ac addysg arbennig. Boed hynny'n sicrhau bod cleifion yn cael eu rhyddhau o'r ysbyty'n ddiogel, yn cefnogi byw yn y gymuned neu'n helpu pobl i gael mynediad at addysg, gwaith a hamdden, maent yn atal anghenion rhag cynyddu ac yn lleihau dibyniaeth ar wasanaethau aciwt.

Mae therapyddion galwedigaethol yn helpu i leihau anghydraddoldebau iechyd a gwella cynaliadwyedd. Drwy hyrwyddo cynhwysiant ac ymyrraeth gynnar, maent yn cefnogi llesiant, yn lleihau risg tlodi ac yn helpu gwasanaethau i ddefnyddio adnoddau'n fwy effeithlon.

Rydym am ganolbwyntio ar ddefnyddio dulliau sy'n canolbwyntio ar ofal ataliol yn hytrach na gofal sy'n cael ei yrru gan argyfwng. Mae cynnwys therapyddion galwedigaethol yn gynnar yn sicrhau'r effaith fwyaf ac yn eu galluogi i weithio mewn ffyrdd sy'n manteisio i'r eithaf ar eu harbenigedd.

Rhaid gwreiddio therapyddion galwedigaethol yn lleoliadau mae pobl yn byw, yn gweithio ac yn chwilio am gymorth ynddynt. Dylent fod yn weladwy ar draws systemau lleol, gan gynnwys meddygfeydd, ysgolion a gwasanaethau tai.

Rhaid i therapi galwedigaethol fod yn ganolog i ddyfodol iechyd, addysg a gofal. Bydd cydnabod ei werth yn helpu i greu system ragweithiol sy'n canolbwyntio ar yr unigolyn ac sy'n

galluogi pobl i fyw'n dda ac i ffynnu.

Neges fer (100 gair):

Mae therapi galwedigaethol yn helpu pobl i aros yn iach yn hirach ac osgoi argyfyngau – yn enwedig pan fydd therapyddion galwedigaethol yn rhan o'r broses gofal yn gynnar. Mae sgiliau unigryw therapyddion galwedigaethol yn cael yr effaith fwyaf pan gânt eu defnyddio'n gynnar ac yn y ffordd iawn. Maent yn helpu i osgoi derbyniadau diangen i'r ysbyty, yn cefnogi adferiad ac yn lleihau anghenion gofal tymor hir. Maent yn lleddfu'r pwysau ar wasanaethau ac yn helpu i atal anghenion rhag gwaethgu. Mae therapyddion galwedigaethol yn helpu i leihau anghydraddoldebau iechyd a gwella cynaliadwyedd.

Rydym am ganolbwyntio ar ddefnyddio dulliau sy'n canolbwyntio ar ofal ataliol yn hytrach na gofal sy'n cael ei yrru gan argyfwng. Rhaid gwreiddio therapyddion galwedigaethol yn lleoliadau mae pobl yn byw, yn gweithio ac yn chwilio am gymorth ynddynt. Rhaid i therapi galwedigaethol fod yn ganolog i ddyfodol iechyd, addysg a gofal.