

Mental Health Capability Framework

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The Mental Health Capability Framework outlines a series of capabilities (knowledge, skills and attitudes) for occupational therapists practising across different mental health settings. The capabilities are grouped in seven key domains:

- Mental health systems, diagnoses and co-occurring factors
- Mental health assessment and planning
- Occupation-focused interventions and therapeutic strategies
- Sensory modulation interventions
- Structured therapeutic interventions
- Client-centred practice and continuous improvement
- Working with other health professionals, carers and families

The framework describes how these capabilities differ across the career stages of foundational, intermediate and senior practitioner to recognise how skills, knowledge and behaviours develop over the course of a person's career, as they gain experience and build expertise.

The framework can be used to:

- Support self-reflection and decision-making about your practice
- Help identify areas for skill improvement relevant to your service setting
- Set expectations at different career stages
- Advocate for the role of occupational therapy in mental health services

Download the Mental Health Capability Framework below.



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