

## **Independent Living Skills, Disabilities, Mental Health**

Programs that assist people with disabilities in learning the basic skills of daily living through individual and group counseling, training and experience coping with life situations.

Article

## **Disability, Physical Activity, and Mental Health**

Physical activity and exercise provide benefits for your overall health. Some of the benefits include relieving stress, decreasing anxiety and depression, and improving memory as well as supporting better sleep.

Source

[National Center on Health, Physical Activity and Disability](#)

Article

## **How to Help Someone with Disabilities Live Independently**

Explore ways to support someone with a disability to live on their own.

Source

Springible

Links

## **National Institute of Mental Health**

Source

[National Institute of Mental Health](#)

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