

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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