



Wylie Center

Introducing The Capability Project



Specialized Mental Health Support for Individuals with Physical Disabilities

The Capability Project provides affirming, trauma-informed care that validates the complex psychological and emotional experiences of living with a physical disability.

Our Focus

- ✓ **Depression** linked to changes in **physical functioning**, loss of independence, identity shifts, and adjusting future expectations.
- ✓ **Anxiety** stemming from hypervigilance about accessibility, safety, risk of falls, and symptom flare-ups in unpredictable settings.
- ✓ **Trauma-related symptoms** due to discrimination, being ignored, minimized, or mistreated in healthcare/workplace environments
- ✓ Affirming, trauma-informed care
- ✓ Resilience
- ✓ Autonomy
- ✓ Meaningful engagement in life



For more information, contact:

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