

Stride Community Services

Stride is a leader in the delivery of community mental health services with over 110 years of experience. We provide services in QLD, NSW and VIC.

Service Model

Stride provides specialist mental health support that is underpinned by the principles of:

- Collaborative planning
- Recovery oriented, person centred approach
- Trauma-informed care
- Individualised, holistic care planning
- Evidence based practice
- Community engagement

Stride offers support to improve an individual's quality of life, promote participation in the community, education and workforce, and provide a meaningful service focused on individual needs. Most importantly Stride assists in the recovery journey of an individual. Our services are flexible and responsive to the changing needs of the people we work with.

What to expect from a Stride Community Service

Each community service has strong, local partnerships with Community Services, Primary Care, and Public Health. Consumers accessing Stride's services are provided with the following support:

- Streamlined referral pathways to our services
- A single intake and assessment process
- Collaborative recovery planning
- Psychosocial support
- Outreach support
- Skill building activities
- Advocacy support and assistance engaging with other services
- Group and peer support.

PHN Regions	Office Locations
Central and Eastern Sydney	South Hurstville Maroubra Inner West Five Dock
Hunter Central Coast/New England	Maitland Newcastle Gosford
South West Sydney	Liverpool
Western Sydney	Seven Hills Blacktown
Western NSW	Bathurst
Illawarra/Shoalhaven	Wollongong Nowra
Murray	Bendigo
Nepean Blue Mountains	Kingswood Lithgow Katoomba
Brisbane South	Woollongabba Springwood
Brisbane North	Redcliffe Caboolture
Gold Coast	Southport
West Moreton	Ipswich
Western QLD	Roma St George
Far North QLD	Cairns Thursday Island

Enquiries & further information

If you have any questions, please feel free to contact us.

Stride.com.au | 1300 00 1907

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