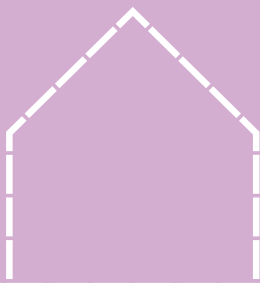


Feeling
distressed?

Experiencing
suicidal
thoughts?



We provide a safe space
to talk for people aged
16+ in emotional distress.

Call us on 1300 00 1907
Stride.com.au

Safe Space

Talk to our caring support team today.

We're here to help. Walk in, no referral or appointment needed.



STRIDE

Our specialist mental health staff can support you with:

- Safety planning
- Access to a sensory room and sensory activities
- Information and support for self-referral to other community services.

24 Panorama Parade, Blacktown
Wednesday to Saturday 3pm – 9pm

M +61 402 511 436

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