



STRIDE For better
mental health

Safe Space Blacktown

Stride.com.au | 1300 00 1907

Feeling distressed? Experiencing suicidal thoughts?

Need a Safe Space?

We provide a warm welcoming environment for adults (16+).
Walk in and talk to our caring support team today. We're here to help.

Details

- Specialist Mental Health Staff
- Safety Planning
- Sensory Room and Activities
- Information & support for self-referral to other community services.

Eligibility

- Aged 16+
- No Referral needed.
- No appointment necessary.
- Open 3pm to 9pm Wednesday to Saturday

Contact us on 0402 511 436 or visit 24 Panorama Parade
Blacktown

This Suicide Prevention Service has been made possible by funding from Western Sydney Primary Health Network