

**STRIDE** For better  
mental health

# Safe Space Blacktown

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Stride.com.au



## Feeling distressed? Experiencing suicidal thoughts? Need a Safe Space?

We provide a safe space to talk for adults (16+).  
Walk in and talk to our caring support team today.

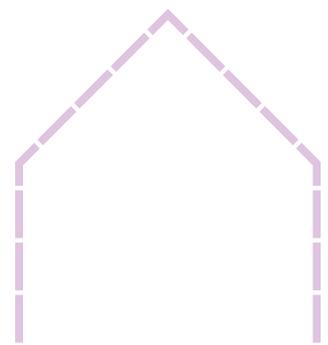
### Details

- Peer support staff
- Wellness planning
- Sensory room and activities
- Information and support for self-referral to other community services

### Eligibility

- Aged 16+
- No referral needed
- No appointment necessary
- No cost

**Visit** 4 Grafton Street, Blacktown  
**Open** 3pm to 9pm Wednesday to Saturday



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

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All are welcome

We're here to help.

Walk in. No cost, no referral needed.

✉ blacktown.safespace@stride.com.au

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🕒 Wednesday to Saturday, 3pm to 9pm

Learn more

