



Did you know 50% of mental health conditions in adulthood emerge by 14?

In the last year alone Stride - Australia's longest serving mental health organisation - have helped almost 10,000 children and adolescents access the support they needed for their mental wellbeing with a simple mission - to provide services to support people at all stages of their mental health journey.

The fundamental key to this mission is to provide early intervention services in the years when a child is developing important skills and attachments that play a huge role in their ongoing development and mental wellbeing.

These include the emotional and social skills a young person builds out during their interactions with others.

75% of mental health conditions in adulthood emerge by age 25

We also provide youth mental health services that can help young people better manage their thoughts and emotions, and get back to enjoying life whether they are facing mild to moderate mental health challenges or ongoing and complex needs.



As Australia's largest provider of integrated service hubs, Stride Mental Health (formerly known as Aftercare) offers tailored mental health support to children, young people, adults, families & carers in Queensland, New South Wales, the ACT, Tasmania and regional Victoria.

As specialists in both early intervention and complex needs since 1907, we bring expertise to every aspect of mental health for children and families, young people, and people with persistent mental illness and complex needs

- Stride Kids in Brisbane and Ipswich, Queensland has helped families change the path of their child's emotional development and reduce the risk of more serious problems developing later on.
- We offer residential services for over 150 young people each year supporting them with 24/7 professional support – helping them to cope with their individual challenges, uncertain times and to stay active in their communities – as well as avoid homelessness and hospital admissions.
- We are the largest provider of headspace services in Australia, operating centres in Queensland and New South Wales.

We have worked to expand on this model, incorporating supports for young people with complex needs, as well as specific programs for Aboriginal and Torres Strait Islander and LGBTIQ+ populations.

- We are also a leading NDIS provider and source of support to help families and caregivers to navigate the NDIS.

1 in 6 children experience mental health struggles before the age of 5

We know that early intervention can make a difference and help a child to have a good day today, tomorrow and into the future. Whether it's building our knowledge of what works, integrating our services in the community, or finding more ways to intervene earlier and more effectively, we still have urgent and important work to do.

We're 100% dedicated to providing specialist services in the non profit sector that improve the lifelong mental health of children and young people. By partnering with us, you could help create evidence-backed solutions and improve mental health outcomes and together we'll find better ways to support children and young people living with a mental health condition. Speak with us today.

It's not always easy, but with dedicated and determined people on their side, Stride hopes to be the best companion growing minds could have during their mental health journey

Talk to one of our staff members
using the virtual exhibition booth

hello@stride.com.au

[1300 00 1907](tel:1300001907) | [Stride.com.au](https://stride.com.au)

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