

STRIDE For better
mental health

Striding towards better mental health

Stride.com.au



We're dedicated to offering services that improve the lifelong mental health of children, young people and adults.

We're doing this by providing services that support people's mental health. Wherever someone is in their journey, we work with them to create the life they want.

Stride is Australia's longest established mental health charity and has provided specialist services to people with persistent mental illness and complex needs for over a century.

Today, Stride employs nearly 800 professionals providing mental health services for 18,579 Australians in 77 locations. The way we support is guided by our three core values:



Dedicated

We go further, try harder, we never give up.



Outside the box

We work tirelessly and creatively to find the right solution.



On your side

We are with you every step of the way.

We have
110
teams

Each year we support over
18,500
people

We have
77
locations

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mental health



All are welcome

Contact our corporate team

1300 00 1907

hello@stride.com.au

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Our services

Integrated	headspace	Stride is one of the largest providers of headspace services in Australia, now the lead agency for 12 headspace centres and satellites in QLD, NSW and VIC.
	Adult Mental Health Hubs	Stride operates four adult hubs providing access to free mental health support in the community including two LikeMind centres, Stride Hub Brisbane South and the Wollongong Mental Health Hub.
	Medicare Mental Health Centres	Stride operates eight Medicare Mental Health Centres in Bathurst, Burnie, Caboolture, Devonport, Dubbo, Glenorchy, Launceston and Parramatta.
	Children and Family	Stride Kids is available in North Brisbane. We have children and family programs in Townsville and Cairns.
Community	Children and Family	Stride has School Wellbeing Officers in NSW.
	Family and Carers	Stride run Family and Carer programs in Nowra, Hurstville and Wollongong.
	Community-based Recovery	Stride is one of the largest providers of specialised, recovery-oriented supports in the community.
	Safe Spaces and Safe Havens	Stride is a leading provider of peer-led Safe Spaces and Safe Havens for people experiencing distress and suicidal ideation. We operate four locations in QLD, NSW, ACT.
	Suicide Prevention and Postvention	Stride operates The Way Back Penrith and Universal Aftercare Western Queensland.
Residential	Residential Supports	Stride currently has close to 115 beds across the country, including longer-term residential supports as well as transitional supports such as Step Up Step Down services for adults and young people. This includes NDIS supported independent living.

Our locations

We have services based across the entire eastern seaboard of Australia.

QLD

Greater Brisbane and Gold Coast
Wide Bay (Gympie & Hervey Bay)
Ipswich & surrounding areas
Far North (Townsville, Cairns & surrounding areas)
Far West (Roma)

VIC

Bendigo
Geelong, Corio, Armstrong Creek, Ocean Grove

TAS

Burnie, Devonport, Glenorchy, Launceston

NSW

Greater Sydney
Parramatta
Penrith
Central Coast
Illawarra / Shoalhaven
Blue Mountains to Bathurst
Orange & Wagga Wagga
Dubbo

ACT

Canberra

Some of our service providers



headspace



Mental Health Centres



LikeMind

STRIDE Kids

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