

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.

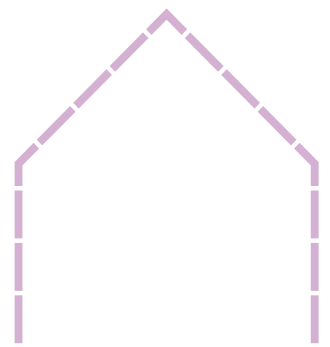
Details

- 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

Open 3pm to 9pm Wednesday to Saturday



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

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

Contact us on 0402 511 436 or visit
24 Panorama Parade (corner of Caldwell Place) Blacktown

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