



STRIDE For better
mental health

Safe Space Blacktown

A calm, culturally-sensitive and non-clinical drop-in service to support people experiencing mental health distress. Your safe space.

What is a Safe Space?

Safe Space is a welcoming, quiet, and comfortable place in the community. Safe Space provides a place for people experiencing suicidal thoughts or emotional distress to access support when they need it, in a calm and caring environment.

- 16+ years
- No appointment necessary
- No referral required

The staff at Safe Space are Peer Support Workers, (people with a lived experience) and non-clinical Mental Health Support Workers.

Safe Space promotes the wellbeing of people through assistance and support to manage their experience of distress, both current and in the future, and reduce the need for people to access emergency departments (ED) when they are feeling unsafe.

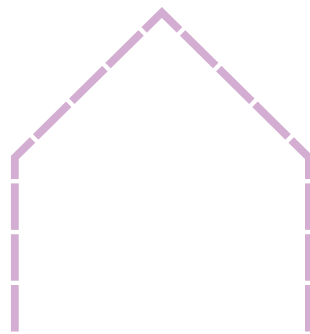
Visitors tell us that having another option for keeping safe is really important;

“It is so great to have a place to come that is an alternative to ED where you can just chill and get help. It is better than ED, the wait at ED with no one to talk to is hard.

In Safe Space there was no wait, [I was] given time to sit and sort my brain out with someone to talk to if needed.”

Safe Space Visitor

A safe place to go
when your mind
needs a rest



How we help



Holding space

When you are ready, our support team are here to chat about whatever is on your mind. It can be as simple as a cuppa and a chat over the kitchen counter, or a discussion about the steps you can take to feel in control.



Self-regulation

Our Safe Space is a reminder that the distress you're going through right now is temporary. Our spaces have been set up to offer you a calming environment when you need a break from the outside world. Our sensory areas and activities, as well as our quiet rooms, offer you an opportunity to clear your mind and become grounded. Our staff can provide support to help you find the tools you need to remain well.



Self-referral and advocacy support

We advocate for the mental health care you deserve. If you need support accessing local resources, filling out applications or making those difficult phone calls, we are here to help. You are never alone. Upon leaving Safe Space, we make follow up phone calls to help you stay on track.



Feel at home and in control

Your privacy is respected. You are free to share as much or as little as you want. Our person centered and trauma informed approach, gives you the control in your own journey.

We've created a non-clinical space that's warm, inviting and accomodating, because we recognise that everyone requires something different to feel comfortable and calm.

Upon your visit to Safe Space you can tailor your experience by utilising our:

- Welcoming living and kitchen areas
- A private quiet room
- Calming sensory rooms
- Outdoor zones
- Mindfulness activities



Who we are



Kylie, Amina and Teah

Recognition of lived experience

We would like to recognise the individual and collective expertise of those with a living or lived experience of a mental health condition. We pay tribute to the vital contribution to system change and recognise the courage shown in sharing this unique perspective. One that provides hope and shapes a better future for themselves and others.



“I can honestly tell you that without Safe Space, I wouldn’t be here today. I’ve had my rocky and bad days, but I know that whenever I fall into trouble I can pick up the phone or walk through their doors to be greeted with a sense of hope – and that I really am in a safe space.”

Amelia, Safe Space Visitor

We're here to help



0402 511 436



blacktown.safespace@stride.com.au



24 Panorama Parade, Blacktown NSW

(corner of Caldwell Place)

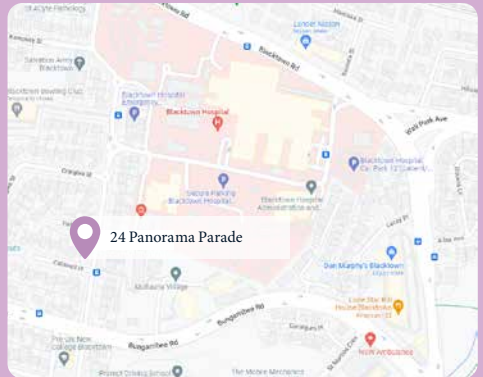
Free street parking and onsite parking available.



[Stride.com.au](https://stride.com.au)

Walk in. No appointment needed.

Monday: Closed
Tuesday: Closed
Wednesday: 3pm – 9 pm
Thursday: 3pm – 9 pm
Friday: 3pm – 9 pm
Saturday: 3pm – 9 pm
Sunday: Closed



In a case of an emergency please call 000.

For after hours support you can contact:

- Beyond Blue on 1300 22 4636
- Suicide Call Back on 1300 659 467
- Lifeline on 13 11 14
- NSW Mental Health Line on 1800 011 511



We acknowledge the Traditional Custodians of the land on which we live and work, Darug peoples land, and of the many different nations across the wider regions from which we all come. We pay our respects to the Elders, past, present and emerging as the holders of the memories, the traditions, the culture and the spiritual wellbeing of the Aboriginal and Torres Strait Islander peoples across the nation. We acknowledge any Sorry Business that may be affecting the communities as a whole. In the spirit of reconciliation, partnership and mutual respect, we will continue to work together with Aboriginal and Torres Strait Islander peoples to shape our community mental health services to respond to the needs and aspirations of the communities to which we serve.

This service has been made possible by funding from Western Sydney Primary Health Network.