

**STRIDE** For better  
mental health

# NDIS Therapeutic Supports

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Stride.com.au | 1300 00 1907

## What are Therapeutic Supports?

Therapeutic Supports Clinicians can help you improve your mental and emotional wellbeing and to reach your NDIS goals. Working within a trauma-informed framework, our experienced clinicians use a range of different techniques to help you have a better day, today and tomorrow.

We can support you to:

- Learn techniques to assist with emotional regulation
- Develop your social and interpersonal skills
- Learn healthy coping strategies to manage anxiety

Our clinicians are able to deliver therapy from our offices, out in the community in a safe and confidential location, or in your own home if suitable. We can also support you over the phone or via video conferencing if you need.

## How do I access Therapeutic Supports?

Accessing Therapeutic Supports from Stride is easy!

You can scan the QR code on the right to complete our enquiry form or get in touch with us on the details below to learn more.



# Morgana Thomas

## Therapeutic Supports Clinician

Morgana is an experienced social worker and art therapist, holding registrations with AASW and ANZCATA. Over the last 10 years, she has worked in many different areas including alcohol and other drug counselling, mental health, and hospital settings. More recently, she has been supporting children and families in Penrith and the Blue Mountains.

Art Therapy has been a natural progression for Morgana, combining her love of artistic expression with her skills in counselling. Understanding the courage it takes to engage in both art-making and therapy, she approaches her work with flexibility, humility and humour. She draws on strengths-based and trauma-informed frameworks to help individuals reach their goals.



By using creative techniques, engaging the body, subconscious and senses, art therapy can make it easier to share your thoughts and feelings. Morgana can work with you to:

- build your self-confidence
- improve your social skills
- find new coping strategies and more

Morgana is available for face-to-face sessions in Kingswood and Katoomba. We also offer Telehealth if you live outside of these areas, or if you have any difficulties accessing support.

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Our clinicians all have different backgrounds and skillsets, including social work, counselling, psychology, art therapy and more. All of our clinicians hold the appropriate qualifications and registration with their relevant peak body. They also complete regular, ongoing professional development and clinical supervision so they can continue to provide the best support possible.

To learn more about our Therapeutic Supports or the other NDIS supports we provide, get in touch with us on the details below.

When the steps seem too big

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