

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.



Nikki Slack

Therapeutic Supports Clinician

Nikki is an Art Therapist (AThR) with ANZACATA professional registration who works with NDIS participants on improved daily living.

Nikki received her training at Macquarie Hospital. In the hospital studio, she helped people with a variety of diagnoses, including major depressive disorder, psychotic episodes, bipolar disorder, personality disorders, and people struggling with alcohol and other drug addictions, all of whom used art to help them recover.



Nikki has worked as an art therapist with the NDIS for over three years, assisting individuals with intellectual disabilities, cerebral palsy, autism, brain injuries, psychotic episodes, bipolar disorder, personality disorders, and PTSD.

Nikki is available for face-to-face sessions in three Stride locations at Lilyfield, Maroubra and Hurstville. We also offer Telehealth if you live outside of these areas, or if you have any difficulties accessing support.

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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