

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.



Sam Jemison

Therapeutic Supports Clinician

Sam Jemison is an experienced mental health clinician and an art therapist, holding registration with ANZCATA. For over 25 years she has worked in a wide range of Community Services, and for the last 12 years she has been employed by Stride. Sam has extensive experience working with individuals, families, and groups, providing support, guidance and creative interventions and techniques that allow individuals to work through difficult challenges and establish coping skills.



Sam specializes in working with people who hear voices or have other sensory experiences that other people do not. She has designed innovative, effective, and creative methods to help voices hearers self-manage and communicate effectively with their voices. Her in-depth knowledge has been developed via specialized training and working with voice hearers for the past 12 years, facilitating hearing voices groups and providing training in the Hearing Voices Approach. Sam draws on a trauma informed framework and her art therapy is guided by the Hearing Voices Approach, Internal Family Systems, Compassion Focused Therapy, Acceptance and Commitment Therapy and the work of Psychotherapist Dolores Mosquera. Sam strives to establish a trusting environment where clients feel safe and understood and are provided with empathy and encouragement to meet their therapy goals.

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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