

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.



Siann (Simran) Matharu

Therapeutic Supports Clinician

Simran is a Counsellor with over 10 years of experience treating clients in the fields of addiction, mental health and complex trauma. She has a Graduate Diploma in Counselling and is an Australian Counselling Association (ACA) member.

Simran previously worked in residential, day program and outpatient treatment settings as both a Counsellor and Clinical Lead and also has extensive group work experience. She has worked in the dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT) frameworks and also incorporate other approaches depending on what support her client requires. Simran aims to create a safe space for clients to explore and develop their potential.

Simran's approach is holistic, person-centered and creative; empowering clients to create meaningful change in their lives

Simran is available for face-to-face sessions in our Maitland and Gosford offices, in home or in a confidential community space. We also offer Telehealth if you live outside of the Hunter and Central Coast regions 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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