

STRIDE For better
mental health

Together we Stride

for better mental health and
wellbeing today and tomorrow

—
Stride.com.au | 1300 00 1907



About Stride

Since 1907, Stride Mental Health has been supporting Australians with mental health and wellbeing services. Today, with our team of almost 800 staff, we assist around 18,000 people every year.

Stride offers comprehensive mental health support to people of all ages. Children, youth, adults, their families and carers, can access our diverse range of over 80 impactful services spanning the eastern seaboard of Australia.

Our services range from residential and supported independent living, community outreach, suicide prevention, NDIS and centres like Head to Health, LikeMind and headspace.

Our Youth Services

Stride is proud to be the largest provider of headspace services in Australia. Every year, we support more than 7,500 young individuals across our ten headspace centres and satellites.

Our commitment to early intervention is unwavering, as we provide essential mental health support starting from infants as young as 0, up to young people aged 25.

Stride operates a diverse array of youth-focused services, spanning residential, community, and integrated mental health care, including:

- headspace
- Stride Kids
- Cairns Take 2
- Uplift
- Townsville Me Too
- Transitional Supported Living
- Step-Up Step-Down
- Youth Residential Rehabilitation Service
- Therapeutic Community Placement

We are passionate about working with young people to help them to thrive and lead mentally healthy and fulfilling lives.



KIDS



YOUNG PEOPLE



ADULTS



FAMILIES & CARERS

