

**STRIDE** For better  
mental health

## Proud Provider of headspace Services

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Stride.com.au | 1300 00 1907

### Australia's largest provider of headspace services

Stride has been operating headspace sites since 2012 - with the first service in Brisbane, headspace Nundah. Stride is now the lead agency for 10 headspace centres and satellites in Queensland, New South Wales and Victoria.

As an experienced lead agency of headspace, Stride operates additional programs connected to the headspace platform:

- Uplift Youth Support program: a case management model for young people requiring complex mental health care coordination and case management
- Work and Study (Individual Placement Support): a vocation support program funded by the Department of Social Services
- headspace Early Psychosis program: support for young people who are experiencing an early episode of psychosis or are at risk of developing psychosis.

Beyond these, Stride prides itself on delivering tailored programs through our headspace sites that are co-designed with young people and the community, including:

- Diverse City: an LGBTQIA+ mental health literacy program that aims to provide information and support young people to create connections in a social engagement group
- ARCS: a resilience program (Adaptability, Reflect, build Connection, Self) that supports young people while providing useful tools to thrive in their local community

*headspace Beaudesert, Corio, Geelong, Hurstville, Ipswich, Meadowbrook, Miranda, Nundah, Townsville and Woolloongabba are led by Stride.*

*headspace is the National Youth Mental Health Foundation. All headspace services are funded by the Australian Government Department of Health and Aged Care. Administration of funding is carried out by the headspace centre's local Primary Health Network.*



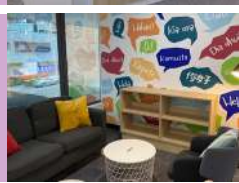
#### QUEENSLAND:

- headspace Beaudesert
- headspace Ipswich
- headspace Meadowbrook
- headspace Nundah
- headspace Townsville
- headspace Woolloongabba



#### NEW SOUTH WALES:

- headspace Hurstville
- headspace Miranda



#### VICTORIA:

- headspace Corio
- headspace Geelong



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