

**Together, let's  
create support  
designed with  
you, for you.**

At Skylight we offer mental health support tailored to your needs.

Our Support Workers listen to you so they can understand your NDIS goals and current challenges, and work alongside you in a collaborative way.

You are the expert in your own life, and we're here to support you with skilled Support Workers who will help you explore challenges and build a life you enjoy.

**Your Mental Health Matters  
– We're Here to Support YOU!**



**Ph:** (08) 8378 4100

**W:** [skylight.org.au](http://skylight.org.au)

**E:** [skylight@skylight.org.au](mailto:skylight@skylight.org.au)

PO Box 310 Marleston SA 5033

ABN: 85 595 741 081

#### METRO LOCATIONS

**Central** 73 Henley Beach Rd, Mile End SA  
**Southern** 64 Elgin Ave, Christies Beach SA  
**Northern** 15 Elizabeth Way, Elizabeth SA

#### REGIONAL LOCATIONS

**Murraylands** 100 Adelaide Rd, Murray Bridge SA  
**Limestone Coast** 12 Crouch St Sth, Mt Gambier SA  
**APY Lands** Pukatja, SA  
**Fleurieu Region** Various Locations



Registered NDIS Provider:  
4050000735



# Skylight Support Workers



**SEE MENTAL HEALTH DIFFERENTLY**

## Who Are Our Support Workers?

Our support workers are trained to deliver recovery-oriented, person-centred, trauma-informed care.

You will always be offered compassionate, non-judgmental, respectful support.

Your Support Worker will work with you to create a safe supportive environment and empower you to achieve your goals and aspirations.

We foster transparent communication, exploring challenges together to ensure comprehensive and empathetic support.

## Our Services

Our NDIS Support Workers are designed to assist with:

### **Community Access and Social Support**

Whether it's joining a local group, pursuing a hobby, or attending events, we help will help you stay connected with the community and assist you to build meaningful relationships.

### **Personal Skill Development**

We support you to enhance essential life skills like budgeting, cooking, and managing personal health we will help you to gain greater autonomy over time.

### **Improving Health and Wellbeing**

From establishing healthy routines to mental health support, we offer guidance and assistance to encourage a healthy lifestyle, tailored to your needs and goals.

### **Goal-Setting and Achieving Milestones**

We work with you to achieve your goals, big or small - from finding work to learning new skills and becoming more socially active. Our team will support you every step of the way.

[www.skylight.org.au](http://www.skylight.org.au)

## Why Choose Skylight?

Skylight will be a trusted partner in your NDIS journey.

We offer-

- Professional, person centred mental health support
- Collaborative mental health support tailored to your needs
- Flexible services designed to adapt to your needs
- Access to a wide range of other programs and activities through Skylight
- Over 40 years of experience supporting individuals across South Australia

### **Your Voice, Your Choice**

At Skylight, we listen to you. Together, we create a support plan that reflects your goals, interests, and preferences.

**Ready to get started?**

Contact our Customer Relations Team on (08) 8378 4100, or start via our website [skylight.org.au/individual-support](http://skylight.org.au/individual-support)

