



Who We Are:

At Skylight Mental Health, we specialise in supporting people living with mental health challenges.

Our Support Coordination team is here to help you make the most of your NDIS plan – so you can live a meaningful life, as defined by you.

We're not just here to connect you with services. We take the time to understand who you are, where you've been, and where you want to go.

www.skylight.org.au

What Is Support Coordination?

The NDIS gives you more choice and control – but navigating your plan and understanding how it works can be overwhelming. That's where Skylight comes in.

Our Support Coordinators can:

- Help you understand your plan
- Connect you with the right supports and providers
- Build your capacity and confidence
- Ensure your services align with your goals

Whether your plan includes:

- Support Coordination
- Specialist Support Coordination
- Psychosocial Recovery Coaching

– our team can walk alongside you every step of the way.

We understand that everyone's journey is different. That's why we take the time to truly understand your goals and support you with compassion and respect.

How We Work With You:

Our approach is grounded in you being in the driver's seat. We work in partnership with you to:

- Understand what a meaningful life looks like for you
- Learn how you've been travelling so far
- Explore where you'd like to go next
- Make your plan work for you

Why Choose Skylight?

- Experienced in mental health
- Local knowledge of services and supports
- Trauma-informed, person-centred approach
- We work with you, not just for you

If your plan includes Support Coordination, Psychosocial Recovery Coaching, or Specialist Support Coordination, the person you choose to provide this service will play a significant role in how well your supports meet your needs.

At Skylight we are inspired by the resilience of the human spirit and the potential in all of us to live well.

Our Support Coordinators walk alongside you to help make your plan work for you—connecting you with the right supports, building your confidence, and navigating the NDIS with clarity.

We understand the mental health journey because many of our team members bring their own lived experience. That means your support is not only professional, but also compassionate, flexible, and grounded in real understanding.

Whether you're just starting out or looking to get more from your plan, Skylight is here to help you move forward - on your terms.

www.skylight.org.au



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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



Skylight acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Skylight celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Registered NDIS Provider: 4050000735



Support Coordination



SEE MENTAL HEALTH DIFFERENTLY