

## NDIS Mental Health Support Worker



**Sarah**

Sarah is a compassionate support worker who has completed a Bachelor of Psychological Science (Advanced) and is currently completing her Honours in Psychology. She is passionate about supporting people to improve their wellbeing and get the most out of everyday life. Known for her gentle, calm, and supportive approach, Sarah creates an environment where participants feel safe, understood, and encouraged. She enjoys helping people build structure, confidence, and independence while working together to achieve meaningful goals. Sarah has experience supporting young people as a Learning Support Assistant, tutor, and volunteer teacher, as well as through international volunteering experiences in Cambodia and Fiji. Outside of work, Sarah enjoys going to the gym, walking her dog, spending time with friends and family, and going to the beach on weekends. She loves helping people feel supported and confident in their day-to-day lives.



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