

NDIS Mental Health Support Worker



Julie

Julie is a calm, fun-loving Support Worker who brings a beautiful balance of life experience and professional expertise. With a background in mental health counselling and therapy, alongside her qualifications as a registered nurse, Julie offers steady, compassionate support tailored to each person's needs.

She has training in movement and dance, meditation, nutrition, and certified hypnotherapy, allowing her to support both physical and emotional wellbeing in a holistic and person-centred way. Julie also enjoys swimming, walking, and spending time outdoors, and loves incorporating gentle movement and nature into her support when it aligns with a participant's goals and interests.

Whether you're looking for a friendly companion, support with daily routines, or guidance toward your wellbeing goals, Julie brings warmth, maturity, and genuine care to every interaction.

Availability: Monday, Tuesday & Wednesday
Location: Hunter Region — Maitland & surrounds



0400 315 514



info@journe.com.au