

## NDIS Mental Health Support Worker



**Kayla**

Kayla is a friendly and down to earth support worker who is passionate about mental health and helping people feel supported, understood, and empowered in their everyday lives. With a background in social work, she brings a calm and compassionate approach and enjoys building genuine connections with the people she works with.

Kayla believes support should feel safe, respectful, and person-centred. She enjoys working alongside participants to support their goals, whether that's getting out into the community, building confidence, or simply having someone to talk to.

Kayla is a creative person who enjoys craft, art, and mindfulness activities, and loves incorporating creativity into everyday life. Outside of work, Kayla enjoys swimming, spending time outdoors, gardening and cooking.



0400 315 514



[info@journe.com.au](mailto:info@journe.com.au)