

NDIS Mental Health Support Worker



Sophie

Sophie is a qualified Support Worker with a Diploma in Community Services and over a decade of industry experience. She is passionate about helping people feel valued, connected, and genuinely supported in their everyday lives.

With a calm, down-to-earth approach, Sophie enjoys bringing creativity into her work and is a big lover of art and all things creative. She also adores animals - especially dogs - and is always happy to share a cuppa and a good yarn.

Sophie believes support should feel genuine, culturally safe, and truly person-centred. She prides herself on meeting people where they're at and supporting them to live the life they want. And if the moment feels right, she's always up for a bit of car karaoke - enthusiasm guaranteed, vocal talent optional.



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