

DIVERSE & THRIVING

Neuro-affirming, LGBTQIA+ affirming mental health services

ABOUT US

At Diverse & Thriving, our goal is to help you thrive with the brain you have, rather than to change who you are.

Shelley is a registered social worker with a Bachelor of Psychology and a Master of Social Work who offers mental health support for those experiencing depression, anxiety, ASD, ADHD, developmental differences, self-esteem, self-compassion and emotional regulation challenges and other mental health struggles.

Shelley takes a holistic approach with her clients, employing trauma-informed, anti-oppressive and feminist theories and drawing on a range of therapeutic techniques – always through a neuro-affirming and LGBTQIA+ affirming lens.

She aims to create an environment of collaboration and support where clients can show up as their true selves and access belonging, connection and empowerment.

- Telehealth therapy (Australia wide)
- Walk & talk therapy (near Clarinda, VIC)
- Group therapy
- Parent support
- Career & vocational coaching
- In-home therapy for kids (near Clarinda, VIC)
- Collaboration with an allied health assistant near you

SERVICES



📞 03 7035 8773
✉ admin@diverseandthriving.com.au
🌐 diverseandthriving.com.au



Shelley provides services to NDIS clients of all ages.

HOW WE WORK WITH NDIS CLIENTS

CAPACITY BUILDING

Shelley can provide psychoeducation and build clients' ability to self advocate, build emotional regulation skills, manage relationships and engage with community activities.

DEVELOPING SCAFFOLDING SUPPORTS

Shelley can help clients who have difficulty with sequencing, routines, daily tasks and remembering things to build and maintain systems that accommodate their unique needs. This may including finding the right accommodations, providing referrals to other services or creating resources.

VISIONING/PLANNING

Through collaboration, Shelley can guide clients through facing big questions and making plans to create the life they want. What does a good life look like for you? Where do you want to be? How do you get there?

THERAPY AND COUNSELLING

Shelley takes a holistic approach to therapy, employing trauma-informed, anti-oppressive and feminist theories and drawing on a range of therapeutic techniques – always through a neuro-affirming and LGBTQIA+ affirming lens.

EARLY CHILDHOOD INTERVENTION

Shelley has a decade of experience working with children with developmental differences and mental health challenges to support their development and build capacity.