



TRUE HELP
Disability and Support Services

**Personalised
Services for a**

Better Tomorrow




1300 087 354
www.truehelp.com.au



TABLE OF CONTENTS

1	About True Help
2	Our Services
3	Mission, Vision, Philosophy
4	Mental Health Support
5	Our 3-Step Process
6	NDIS Overview
7	Capability Statement
8	Refer a Participant
9	Contact Us



About Us

Welcome to True Help

We are committed to providing exceptional support services that empower individuals with disabilities. Our tailored approach **ensures each participant receives the care and assistance they need** to achieve their goals and improve their quality of life.



True Help is a Registered NDIS provider, dedicated to offering exceptional support services to individuals with disabilities across Sydney. We are passionate about helping our participants achieve their goals and enhance their quality of life.

Our Services

Comprehensive Support Services

True Help offers a wide range of services, including:



Group/Centre Activities



Respite/STA/Vacation Care



Assist-Life Stage, Transition



Assist-Travel/Transport

Our Services

Comprehensive Support Services

True Help offers a wide range of services, including:



Household Tasks



Development-
Life Skills



Assist-Personal
Activities



Participate
Community



Daily Tasks/
Shared Living

Mission, Vision, Philosophy



Mission

Our mission is to provide tailored support services that empower individuals with disabilities to lead fulfilling lives.



Vision

Our vision is to be a leader in disability support, recognized for our commitment to excellence and compassionate care.



Philosophy

Our philosophy centres on respect, dignity, and personalised care, fostering independence and well-being for every participant.



Mental Health Support

Mental Health Support

Our dedicated mental health support services are **designed to promote well-being and emotional health**. We offer counseling, therapy, and stress management programs tailored to the unique needs of our participants.



Start Your Journey With Us

Our 3-Step *Process*

1



Initial Consultation

Meet with our team to discuss your needs and goals.

2



Personalised Care Plan

We create a tailored support plan designed to meet your specific requirements.

3



Ongoing Support

Receive continuous, dedicated support to help you achieve your goals and enhance your well-being.

NDIS *Overview*

The National Disability Insurance Scheme (NDIS) provides support for Australians with disabilities, their families, and carers. It aims **to give individuals the resources they need to live independently** and participate fully in their communities.



NDIS Eligibility

- Be under 65 years of age
- Be an Australian citizen, permanent resident, or hold a Protected Special Category Visa
- Have a permanent and significant disability that affects your ability to participate in everyday activities

Capability Statement

True Help offers a comprehensive range of support services tailored to the unique needs of each participant. Our experienced team is committed to **promoting mental well-being, community integration, and personal growth, ensuring our participants lead fulfilling lives.**



Refer a Participant

Do you know someone who could benefit from our services? Refer them to True Help today! **Your referral can make a significant difference in someone's life** by connecting them with the support they need to thrive. Contact us at today to refer a participant and help them start their journey towards a better tomorrow.





Get in Touch

Feel free to reach out to us with any questions or to schedule a consultation. We're here to help bring your concrete projects to life!



1300 087 354

info@truehelp.com.au

www.truehelp.com.au

Suite 103/1-3 The Crescent, Wentworth Point NSW 2127