



What is Rahma Support

At Rahma Support, we provide person-centred psychosocial support for NDIS participants navigating mental health challenges, disability, and life transitions.

Our work is grounded in compassion, cultural understanding, and emotional safety - supporting people to feel heard, empowered, and supported at their own pace.

Rahma Support

Psychosocial Support
Compassion. Care. Connection

Get In Touch

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NDIS Registration in Progress



Factors that influence wellbeing

Internal

- Emotional wellbeing and past experiences
- Coping skills and resilience
- Mental health and self-belief
- Physical health and energy levels

External

- Relationships and family dynamics
- Housing, finances, and daily stressors
- Cultural, community, and social support
- Life transitions and unexpected changes

When extra support may help

1

Feeling overwhelmed, anxious, or emotionally stuck.

2

Difficulty coping with daily tasks or responsibilities.

3

Feeling isolated, unsupported, or misunderstood

4

Navigating major life changes, trauma, or recovery.

How Rahma Support can help

Person-centred psychosocial support

Emotional support and practical guidance

Strength-based, trauma-informed approach

Culturally responsive care

Support at your pace, in your space

Supporting wellbeing independence, and connection

