

About Helpful Connexions

At Helpful Connexions, we take the time to understand each person as an individual. We listen to people's experiences, needs, and goals, and use this understanding to guide the support we provide. Building trust and respectful relationships is central to how we work.

We are a small, local service committed to supporting our community with honesty, care, and accountability. We meet all NDIS requirements for quality and safety. Our team brings strong experience across family services, early childhood, disability, and complex support, allowing us to support people in a practical, thoughtful, and responsive way.

A low-arousal, neuro-affirming approach is embedded in our philosophy and underpins all of our work. This means we focus on creating calm, safe, and predictable environments, particularly for autistic people and people with developmental differences. We do not use compliance-based approaches. Instead, we use calm communication, reduce demands where needed, and make changes to environments and supports to help prevent distress and escalation.

Whether we are supporting individuals and families, working alongside other professionals, or partnering with community services, our focus remains on achieving meaningful outcomes. We aim to ensure the people we support feel heard, respected, and valued.

Every Team Member

- Extensive experience in Social Work, Welfare, Family and Disability Services
- Have a wide range of formal qualifications
- Ongoing professional development and supervision
- Membership with relevant professional associations

Compliance & Safety

- All workers have completed:
- NDIS Worker Screening Check
 - NDIS Worker Orientation Modules
 - National Police Check
 - Employee Working with Children's Check

Locations

South East Melbourne
Gippsland
Telehealth

Office Location

Suite 1/81 Queen Street
Warragul, 3820

Contact Details

Helpful Connexions.com.au
Find us on Facebook
Hello@hcsw.com.au
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Helpful Connexions

THERAPIES AND
BEHAVIOUR SUPPORT



Complex Support
Positive Behaviour Specialist
NDIS Navigation
Counselling



Services



Neuro- affirming support specialising
in low arousal strategies

Functional Capacity Assesements

Positive Behaviour Reports

NDIS System Navigation

Capacity Building Supports

Complex Mental Health Support
& Advocacy

School Re-engagement

Autism & ADHD
Behaviour Strategies

Disability Parenting Specialisits

Key Worker

Counselling

Values

Social workers are often called the platypus of the therapy world – and for good reason. Like the platypus, our work is a little unexpected, highly adaptable, and doesn't fit neatly into one box. At Helpful Connexions, our diverse skill set allows us to stand out in the therapy and human services space.

We provide a mix of supports, including counselling, complex psychosocial therapy, and behaviour support. This blend means we can respond to real-life challenges in practical, flexible ways.

Just as a platypus can thrive on land and in water, our clinicians adapt to a wide range of environments and situations.

This flexibility allows Helpful Connexions to support not only individual emotional and psychological needs, but also broader systems and challenges, including navigating the NDIS and schools.

Like the platypus, we're adaptable, practical, and not afraid to be a bit different. That's what makes Helpful Connexions a valuable part of your support team – supporting real people with real challenges and creating change that flows into everyday life.



Supports



We can provide supports under the following line items:

15_621_0128_1_3 - Assessment, Therapy, Recommendations - Social Work

11_022_0110_7_3 - Improved Relationships

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15_621_0128_1_3 - Early Childhood (Social Worker)

We are an accredited provider of counselling services with Carer Gateway and selected EAP providers

Ability to provide private funded sessions

We pride ourselves as being an NDIS compliant organisation