

# WHO CAN ACCESS THE NGATTI HOUSE SUPPORT PROGRAM?

YOU CAN, if you are:

- Aged between 17 and 22 years
- Experiencing mental health challenges
- Homeless or at risk of homelessness
- Willing to explore your recovery
- Ready to engage with us and work towards starting your recovery journey.

It's important to know that Ngatti House is not a crisis service, if you or someone you know needs crisis Mental Health Support please contact:

**Mental Health Emergency Response Line (MHERL):**

- Perth Metro - 1300 555 788
- Peel Residents - 1800 676 822

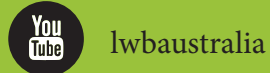
**Lifeline**

- 13 17 14

OR present to your local Emergency Department.



For us, **RELATIONSHIPS** come first, but we are **IMAGINATIVE** in our thinking and practice; **COURAGEOUS** in our convictions and actions; **RESPECTFUL** and **CARING** in all our dealings; and **RESPONSIVE** to needs.



## WE'D LIKE TO HEAR FROM YOU!

If you would like some more information about our service or if you just want to see if Ngatti is a place for you, **contact us:**

**NGATTI HOUSE  
GENERAL INFORMATION**

**08 9432 1100**

**YOUTH REACH SOUTH  
REFERRAL SUPPORT**

**08 9499 4274**

[www.lwb.org.au](http://www.lwb.org.au)

# NGATTI HOUSE

**WE  
LIFE WITHOUT BARRIERS  
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## WHAT IS NGATTI HOUSE?

Ngatti House is a purpose built rehabilitation facility that offers safe and secure accommodation for 17-22 year olds looking to work on their mental health recovery.

The house is staffed 24 hours a day with caring and skilled workers who work with residents to imagine a meaningful future, identify goals they would like to achieve and use their strengths and skills to propel them forward.

## RECOVERY AND SUPPORT

At **Ngatti House** recovery is the focus and inspiration for everything that we do. Each resident is challenged to explore what recovery means to them and how it translates to their life.

We believe that every person has the strength and capacity to explore their recovery and we are dedicated to support each of our residents to discover where this journey will take them.

We acknowledge the courage and hard work it takes to work through mental health recovery and for this reason we provide individualised support to our residents as they journey toward a future that they hope for.

**Life Without Barriers** works in partnership with **Youth Reach South**, who process our referrals and provide clinical case management to all our residents.

Together, Youth Reach South and Life Without Barriers work with residents to identify goals and develop strengths and skills to create a meaningful future.

# WE'VE GOT YOUR BACK

## NGATTI LIFE

**INDEPENDENT LIVING:** At Ngatti we encourage and support our residents to develop independence. We understand that every person has different needs and goals and we work individually with each young person to build the skills that they need to propel them forward.

**ROUTINE:** We also believe that building a meaningful routine and encouraging good sleep habits is pretty important. Each resident is encouraged to explore how routine and sleep can support their recovery.

**SUPPORT:** Each resident has a Key Worker to help them navigate their recovery journey and achieve their goals. There are also caring and skilled support workers in the house 24 hours a day, 7 days a week.

**COMMUNITY:** Most importantly, Ngatti House is a community that embraces inclusion. We encourage our residents to build an environment that nurtures belonging and acceptance.

## PROGRAMS AND COMMUNITY

Each weekday our residents participate in groups that are run in-house and out in the community.

The groups enable our residents to build skills in daily living and support their transition to independence. The groups also create a space for residents to connect with others and explore their interests, strengths and values.

**RECOVERY GROUP:** Exploring how our residents can live a satisfying and meaningful life in spite of diagnosis or circumstances.

**HEALTH AND WELLBEING GROUP:** Learn about how different activities can support health and wellness.

**COMMUNITY ACCESS AND INCLUSION:** Explore work, education and recreation options.

**ART AND GARDENING GROUPS:** Our residents are encouraged to explore their artistic creativity and get in touch with their inner green thumbs.

**COOKING GROUP:** Learn about the wonders of food, nutrition, meal preparation and eating on a budget.

