

### Tailored recovery supports

We value your choices through encouraging your participation in all areas of your life.

We believe you are the expert in your journey to wellness and our role is to support you every step of the way. We aim to connect you to support services that help you build your independence and skills.

We tailor your support plan to your individual needs to help you achieve your best possible mental health.

Building your community connections, improving your relationships and supporting you to maintain a safe and comfortable home are just some of the goals we will work towards on your road to recovery.

“I felt there was no judgement regardless of what point I was at in my life.”

### Geographical coverage

Life Without Barriers provides services in:

Perth Metro area – North, East and South inclusive of Rockingham area

Southwest – Bunbury

Goldfields – Esperance

Kimberley – Broome

### Contact us

For further information or to access our Life Without Barriers ICLS program.

**P: 08 9208 3400**

**E: [MentalHealthWA@lwb.org.au](mailto:MentalHealthWA@lwb.org.au)**

Life Without Barriers

Level 1, 632 - 634 Newcastle St  
Leederville WA 6007

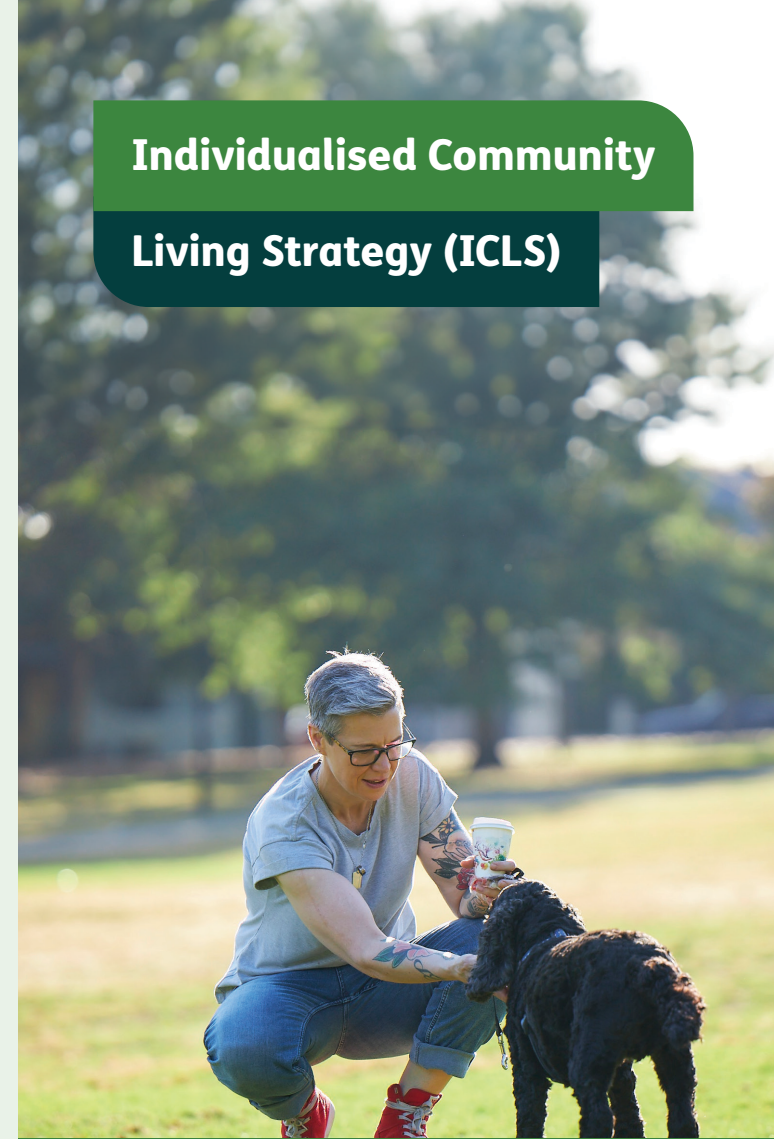
“It’s really good to have someone to talk to and get things off my chest.”

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



## Individualised Community

### Living Strategy (ICLS)



# LIFE WITHOUT BARRIERS

Walking alongside those impacted by mental health issues

## What is the Individualised Community Living Strategy (ICLS) program?

Life Without Barriers is a provider of the Individualised Community Living Strategy (ICLS) program.

ICLS takes a holistic approach to wellness by delivering safe services to the people we support, encouraging recovery and creativity, challenging stigma and inspiring hope.



### How our practice reflects our values



We support you to stay connected to those important to you and build positive relationships within your community.



We work together in imaginative ways to overcome barriers and live your best life.



We believe you are your own expert and respect your right to choice and control.



We fulfill our commitments, take responsibility for our actions and we make things happen.



We support you to stand up for what you believe in and ensure your voice is heard.

“It’s nice knowing that I am not doing it on my own when things get hard.”

### What do we offer?

Our ICLS team provides psychosocial supports to assist you to work towards your dreams, goals and aspirations and develop a clear future focused plan.

Life Without Barriers’ ICLS team consists of the Program Manager, Team Leaders and Support Workers who are all trained and experienced in providing support to individuals with mental health conditions. It is their role to ensure individuals receive quality psychosocial support.

Input is always sought and considered when matching suitable support workers.

We support you to:

- Maintain and sustain safe housing.
- Engage in your ongoing clinical and psychosocial support needs.
- Build and develop social connections and relationships.
- Participate and contribute within your community.
- Engage in educational, vocational and employment opportunities.
- Develop skills to self-manage your lifestyle and well-being.