

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.

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.

Ngatti House general information

08 9432 1100

Youth Reach South referral support

08 9499 4274

www.lwb.org.au



Ngatti House

Building a future with choices



LIFE WITHOUT BARRIERS

What is Ngatti House?

Ngatti House is a rehabilitation facility providing safe accommodation for 17-22 year olds seeking mental health recovery. Staffed 24/7 by caring and skilled workers, the house supports residents in setting goals and using their strengths to build a meaningful future.

Recovery and Support

Recovery is central to everything we do. Residents explore what recovery means to them and are supported throughout their journey. We recognise the courage it takes to work on mental health and offer personalised support to help residents achieve their goals. Life Without Barriers partners with Youth Reach South, who manage referrals and provide clinical case management to all residents.

Ngatti Life

Independent Living: Residents are encouraged to develop independence and build the skills they need for the future.

Routine: We promote the importance of routine and healthy sleep habits for recovery.

Support: Each resident has a key worker and 24/7 support from skilled staff.

Community: Ngatti House fosters a community of inclusion, belonging, and acceptance.

Programs and Community

Residents participate in groups that help develop life skills and support independence. These groups also provide a space to connect and explore interests.

Recovery Group: Finding satisfaction and meaning beyond diagnosis or circumstances.

Health and Wellbeing Group: Exploring activities that support overall health.

Community Access and Inclusion: Discovering work, education, and recreation options.

Art and Gardening Groups: Encouraging creativity and connection with nature.

Cooking Group: Learning about nutrition, meal prep, and budgeting.