



Supports provided by TeamHEALTH

We are accredited against the National Standards for Mental Health Services. This means our services are grounded in recovery-oriented practice, supporting people to live full, valued lives on their own terms. Information about these principles can be found at: www.health.gov.au.

As a not-for-profit, community-based organisation, TeamHEALTH actively promotes and supports an inclusive and diverse culture.

We welcome all people, regardless of age, gender, race, ability, sexual orientation, faith, religion and all other identities represented in our community.

Contact Us



To be connected with one of our staff please contact TeamHEALTH:

Head Office Address:

Unit 8a/69 Progress Drive,
Nightcliff, NT, 0810

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Interpreter and/or Translation Services are available to access our services. Please contact us for more information.

Interpreting and Translation Services NT

Phone: (08) 8999 8506 or 1800 676 254

Email: itsnt@nt.gov.au or
itsnt.dlqcs@nt.gov.au



Supported Independent Living (SIL)

Supporting your mental health journey



What is Supported Independent Living (SIL)?

Living independently doesn't mean doing everything alone. Supported Independent Living (SIL), is an NDIS-funded support for people who want a hand with daily life while building their independence.

In a TeamHEALTH SIL home, you share a home with a small number of others and have support on hand day to day, with routines, appointments, building skills and working towards your own goals, at whatever level works for you. Support is there when you need it, while you keep the freedom and space to make your own choices.

A settled, supported home gives the rest of life room to grow.

What We Offer

- **A place to call home** - a comfortable, stable home, with room for privacy alongside shared spaces
- **Mental health-informed support** - workers who understand recovery and how mental health challenges affect everyday life
- **Support with everyday life** - a hand with the practical things: cooking, budgeting, personal care, appointments, and getting out and about at your pace
- **Room to grow** - space and encouragement to do more for yourself over time
- **Connection** - support to stay linked in with community, culture, work or study, and the people who matter to you
- **A plan that's yours** - support built around your NDIS goals, and reviewed as things change



Who is SIL for?

SIL is for people who:

- have SIL funding in their NDIS plan, or exploring whether it's right for them
- are living with a mental health condition, or navigating ongoing challenges with their wellbeing
- would value sharing a home with a few others, with daily support
- want to build everyday skills and independence while staying safe and connected

Getting started

Whether you already have SIL funding or you're just starting to look into your options, get in touch. We'll talk it through and help you find the right fit.

Referrals are welcome from anyone: yourself, a family member, a carer, or a service provider helping someone find support.

Phone: 1300 780 081

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Email: teamhealth@teamhealth.asn.au