

Taking care of yourself

Step 1 - Taking care of yourself

Keeping a check on your health and wellbeing is very important when thinking about an NDIS application.

Sometimes the process of accessing the NDIS can be tiring or distressing.

More information about taking care of your health and about telling your story to other people in safe ways is available in the 'Self-Care Hub'.

[Self Care Hub](#)

Sometimes in reimagine.today we include examples to make psychosocial disability and recovery easier to understand.

Sometimes hearing about other people's lives can be distressing or trigger memories of your own experiences.

If you find yourself getting upset, consider taking a break and coming back to it later.

If this doesn't help or you want support, speak to someone you trust or contact the following helplines:

- [Lifeline 13 11 14](#)
- [Suicide Call Back Service 1300 659 467](#)
- [Kids Helpline 1800 55 1800](#)
- [Mens Line Australia 1300 78 99 78](#)

Additional information about other services you can speak with is on the [Other services that could help me page](#).