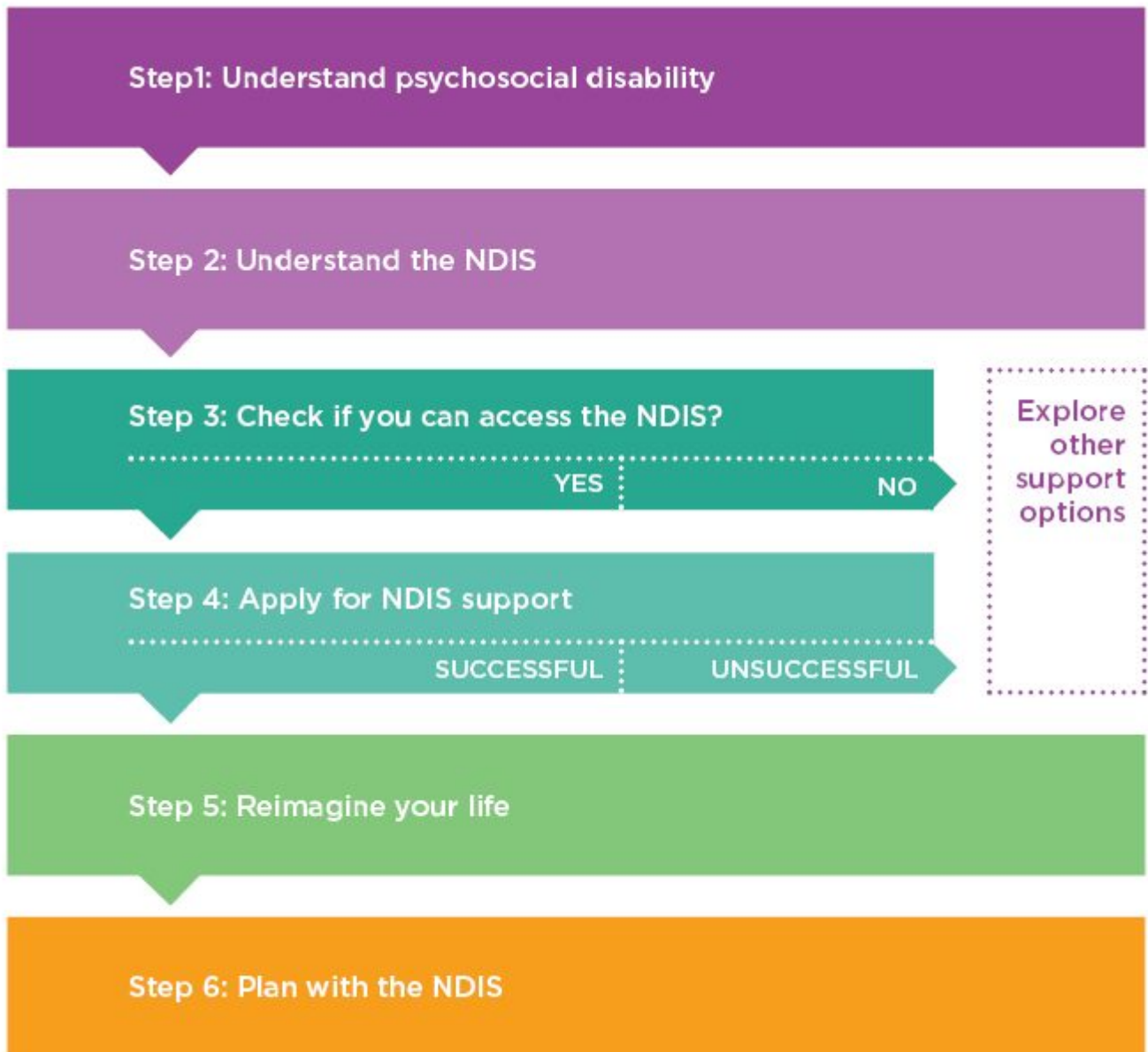


## How this site works

The information in this resource is divided into six sections or steps. You may want to work through the steps in order, or you may want to explore in your own way and pick and choose the content you want.

Check out [Step 1: Understand psychosocial disability](#) to start.



## Workbook activities

To help support your application we have developed the tool **Reimagine Your Life: A workbook to support you**. As you work through this resource you will be guided to activities in the reimagine.today workbook where you can write down your ideas and answers. You can then use this workbook to help support your NDIS application.

## Who is this site for?

reimagine.today helps adults under 65 years of age living with a mental health condition to better understand the National Disability Insurance Scheme and what supports and services it can offer. It speaks directly to you as a person living with a mental health condition and aims to provide you with the information and support you need to access the NDIS as one resource in your recovery.

This website supports the belief that “Recovery is about achieving an optimal life of personal, social and emotional wellbeing, as defined by each individual, whilst living with or recovering from a mental health condition.”

This website is for all people living with a mental health condition to understand the NDIS, whether they have a psychosocial disability or not.

If you don't understand what psychosocial disability is check out [Step 1: Understand psychosocial disability](#) to learn more.

If you don't have a computer or smartphone, or have trouble using them, you might:

- Visit your local library or community centre. Many of these now have public computers for your use.
- Ask a friend, family member or carer to help
- Ask to meet with a service provider to look at and discuss the resource together.

The information on this website is also for friends, family members and carers to assist them to support someone living with a mental health condition.

Some sections aim to provide information that will help supporters who are not family members or carers but wish to assist; like GPs, other health care workers and support workers.

Remember each person getting NDIS funding will have their own plan reflecting their goals, personal circumstances and disability support needs. While the focus of the plan is the person with disability, the types of supports in the person's plan may also have direct or indirect benefits for families and carers. Remember that the NDIS is new and we are all learning about it together, especially how the NDIS works for people with mental health conditions! If you have questions about this website please contact [MHCC](#). If you have questions about how the NDIS works please contact the [National Disability Insurance Agency](#).