

# Mental health and the NDIS

[< Previous topic](#) | [Next topic >](#)

reimagine.today will help you understand what the National Disability Insurance Scheme is and how it can support people living with a mental health condition. If you live with a mental health condition, you may be able to get NDIS funded support if your mental health condition causes you to experience very high levels of 'psychosocial disability'. Before understanding the NDIS it is important to understand what psychosocial disability is.

## An introduction to psychosocial disability

Very simply, psychosocial disability means that how you think, how you feel and how you interact with other people cause you to have barriers to being involved in things like:

- Work
- Education
- Social activities
- Cultural or public activities
- Getting or keeping a home
- Staying physically healthy
- Achieving your full potential or life goals.

Many people do not realise that their experiences could be called psychosocial disability. Other people really do not like the term and prefer not to use it. The following sections will explore the meaning of psychosocial disability in more detail.

Not everyone who lives with a mental health condition will have a psychosocial disability.

Saying that you have a psychosocial disability does not change who you are, what your experiences are like, or your ability to live a meaningful and contributing life. It helps show how your mental health condition affects your life and helps the NDIS work out how they could help you.

[< Previous topic](#) | [Next topic >](#)