

# What does psychosocial disability mean to you?

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It's important to remember that the words 'psychosocial disability' are terms used by the National Disability Insurance Agency to describe the ways having a mental health condition impacts on your ability to live a meaningful and contributing life. This includes your economic and social participation in the community. The National Disability Insurance Agency is who the government has asked to make the NDIS happen. Just like people have very different reactions to getting a diagnosis you may have a very different reaction to the idea of having a disability, or being defined as having a disability, than someone else.

## □ LEARNING ACTIVITY

This next activity will lead you through some questions to start exploring what psychosocial disability means to you.

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