

How can the NDIS support me?

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The NDIS aims to provide a range of disability support options to all Australians living with a mental health condition and their families and carers, depending on their needs. This support is divided into two main groups.

1. NDIS Participants

If you are a person with a high level of psychosocial disability and you [meet the 'access requirements'](#) you may be able to become an NDIS participant. If you become a participant, you will be eligible for funded supports for 'reasonable and necessary' services. This is explored more on the [Reasonable and necessary supports](#) page.

2. All Australians

Not everyone who applies will become an NDIS participant who receives individual funded services. Even if you are not eligible for NDIS funded supports you can talk to the National Disability Insurance Agency and Local Area Coordinators about resources available to you in the community and local services that can help with your recovery journey and may be able to help you find the supports you need outside of the NDIS. For more detail see the [I do not meet the access requirements. What can I do?](#) page.

Through 'Information, Linkages and Capacity building' activities the NDIS provides everyone with a disability, or at risk of developing a disability, with the following support:

- access to information and advice about supports available in the community
- referral to relevant services and links to local support groups, clubs, associations, initiatives or programs
- individualised plans and supports.

How does the NDIS support NDIS participants?

You become a funded NDIS participant if you have a psychosocial disability, meet the 'access requirements' and go through an application process called an 'access request'. These terms are explained in more detail later.

It is important to know that people with a psychosocial disability can become an NDIS participant even if your mental health condition varies in intensity over time and/or is 'episodic'. Episodic means that sometimes you need little or no support and other times you might need a lot.

If you become a funded NDIS participant, you can receive support to develop an individual NDIS plan that focuses on planning for your goals and aspirations. Your individual plan will include your informal support, information about mainstream supports you might access and information about NDIS supports funded to help meet your disability need. For more information about funded supports go to the [What may or may not be funded?](#) page.

You then choose support providers, how the support is delivered and how much control you want in managing your plan. When you have a final approved plan you are in control and responsible for making the plan happen, however, in your plan you might also choose to have someone support you to put your plan in to action

Useful link

[What help can I get?](#)

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