

---

# Who to Contact for Help

## Step 4 - Who to Contact for Help

For information on the NDIS you can contact the NDIA in many ways -

### Call

On [1800 800 110](tel:1800800110); 8am to 11pm local times, Monday to Friday

### Online - use an online contact form

[www.ndis.gov.au](http://www.ndis.gov.au)

### Visit a customer service centre

There are many locations around Australia. Centres are open Monday to Friday from 9am to 5pm. Find your [local office on the NDIS website](#).

### Mail

National Disability Insurance Agency  
GPO Box 700  
Canberra ACT 2601

### Connect via Social Media

- Follow them on [Twitter](#)
- Like them on [Facebook](#)
- Follow them on [LinkedIn](#)
- Watch them on [YouTube](#)

### If you need assistance you can access

- Free 24-hour interpreting service on 131 450 and then ask for 1800 800 110
- Text telephone (TTY): phone 1800 555 677 then ask for 1800 800 110
- Speak and Listen (speech-to-speech relay): phone [1800 555 727](tel:1800555727) then ask for [1800 800 110](tel:1800800110)



- If you are an internet relay user, visit the [National Relay Service website](#) and ask for 1800 800 110

For more details on how to contact the NDIA check out the information on their website [www.ndis.gov.au](http://www.ndis.gov.au)