

Mental Health and the NDIS

Step 1 - Mental health and the NDIS

reimagine.today helps you understand:

- The National Disability Insurance Scheme (NDIS), and
- How it can support people living with a mental health condition.

If you live with a mental health condition that impacts on your day-to-day living ('psychosocial disability'), you may be able to get support through the NDIS. So before understanding the NDIS, let's look at 'psychosocial disability'.

What is psychosocial disability?

Psychosocial disability means that the way you think, feel or interact with other people can form a barrier 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.

Not everyone who lives with a mental health condition has a psychosocial disability. Many people do not realise that their experience of life could be called 'psychosocial disability'. Other people do not like the term and prefer not to use it.

Saying that you have a psychosocial disability does not change who you are, your experiences, or your ability to live a meaningful and contributing life. It may help show how your mental health condition affects your life, and it may help the NDIS to support you.