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# What does psychosocial disability mean to you?

## Step 1 - What does psychosocial disability mean to you?

Find the transcript of this video here: [Transcript-Psychosocial Disability](#)

Experiences are personal and you may respond differently to the idea of having a 'psychosocial disability' than someone else.

Remember, 'psychosocial disability' is just a term used by the National Disability Insurance Agency (NDIA) to describe the ways that a mental health condition may impact on your life. It is only one way to express these experiences and it might be very different to how you would describe it. So, think about - what does 'psychosocial disability' mean to you?



### □ Learning Activity

This next activity will lead you through questions to explore what psychosocial disability means to you.

[Exploring Psychosocial Disability](#)