

Living with a mental health condition?

Does a mental health condition make your daily life hard?

The NDIS is a government scheme that might be able to help you.



The NDIS supports you to do non-clinical things...

Such as study or do new things that help you to participate in your community.



Are you eligible for NDIS support?

If you have a severe, ongoing mental health condition you may be. Turn this over to find out more.



Start your application today!

To take the first step, ring **1800 800 110** for an NDIS access request form



Do you need help to put in an application for NDIS support?

You can call **SANE Australia on 1800 18 7263**. The SANE Help Centre can tell you what support is available in your area.



reimagine

MENTAL HEALTH, MY RECOVERY AND THE NDIS

What is the NDIS? How does it apply to me?

The National Disability Insurance Scheme (NDIS) provides funding support for Australians living with a disability, to help them to get out and about in their communities, and to do daily tasks and activities like study, work, or volunteering that they wouldn't be able to do without help.

People with a severe mental health condition can find it very hard to do day-to-day things like cooking, cleaning, shopping or going from place to place. They may need help from others to do these things.

If your mental health condition makes it hard for you to do day-to-day activities by yourself, that is called a 'psychosocial disability'. This means you could be eligible for NDIS support.

What support does the NDIS provide?

The NDIS provides funding to enable you to get some help to do day-to-day activities (for instance, support to get up and dressed, have breakfast, and go to work or other planned activities).

The NDIS does not pay for medical bills or health care. These things are covered by Medicare.

How do I know if I am eligible?

If you:

- Are an Australian resident under the age of 65
- Have a mental health condition that makes it hard to do everyday things by yourself

You should ask the NDIA to determine if you are eligible for support. You can ring the NDIA on **1800 800 110** to ask for an **Access Request Form**.

It can be tricky to fill out an NDIS Access Request on your own – you may need some help:

- If you have a support worker or case worker, you could ask them for help to complete your Access Request
- If you have a carer (or a family member that cares for you), you could ask them for help to complete your Access Request
- If you'd like to talk to somebody about it, you could call **SANE Australia's Help Centre on 1800 18 7263**. The SANE Help Centre will help you find out what other support is available in your area.

There are also online resources that can help. Check **www.reimagine.today** for extra information.

