



Accessing the NDIS if you have a psychosocial disability

What is a mental health condition?

A mental health condition refers to symptoms that may be caused by a number of factors including life events and genetics.

Symptoms can range from personality issues, psychotic or compulsive disorders, to anxiety and mood swings.

A mental health condition can be temporary or lifelong.

What is a psychosocial disability?

A psychosocial disability is a disability arising from a mental health condition.

A psychosocial disability can result in difficulties doing everyday things such as banking, shopping and looking after yourself.

Not everyone who has a mental health condition will have a disability.

What is an impairment?

An impairment as a result of a mental health condition means a person experiences loss or damage to their mental function (the way we understand, think and feel about things).

Do I need to provide a mental health diagnosis to access the NDIS?

A specific mental health diagnosis is preferred but not essential. You must provide evidence of a mental health condition to access the NDIS, but the mental health condition does not have to be named. NDIS support is based on the impairment, or the impact of the mental health condition, rather than the diagnosis itself.

The NDIS is not designed to replace community mental health services or treatment services provided through the health system. It is designed to fund practical support for day-to-day living and assistance to access community services.

This project is an NDIS Information, Linkages and Capacity Building (ILC) initiative



Am I eligible?

To become an NDIS participant you must meet each of the following criteria:	
Criteria	Yes/No
I am an Australian citizen, or have a permanent or Special Category Visa (SVC)	
I am under 65 years old when I am applying to join the NDIS	
I live in an area where the NDIS is available	
If you have a mental health condition and want to access the NDIS, you must meet the above criteria and provide evidence of the following:	
My mental health condition has caused difficulties in my everyday life	
The difficulties I experience as a result of my mental health condition mean I will likely always need NDIS supports	
The difficulties I experience as a result of my mental health condition have reduced my ability to do everyday activities	

Does my impairment need to be lifelong?

You will only be eligible for the NDIS if your treating clinician confirms that your impairment is likely to remain across your lifetime.

How do I show the effect of my mental health condition on my everyday life?

A good way to show how your mental health condition affects you is to ask a mental health professional to complete a functional assessment. For example:

- Life Skill Profile 16 (LSP-16) - preferred by the NDIA
- World Health Organisation Disability Assessment Schedule (WHODAS).

You can also provide a personal statement and statements written by family, friends and support workers to explain how you carry out everyday tasks on a day-to-day basis.

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Accessing mental health supports if you're not eligible for the NDIS

Getting help - finding a service

In an emergency call 000 or visit your local emergency department

Mental Health services

There are hundreds of mental health and alcohol and, other drug services across Western Australia.

To find a service follow the link:

www.mhc.wa.gov.au/getting-help/

Mental Health helplines

For a list of helplines and people to talk to follow the link:

www.mhc.wa.gov.au/getting-help/helplines/

Other useful links:

www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis

Or call

- Carer Gateway 1800 422 737 **www.carergateway.gov.au**
- Lifeline 13 11 14 **www.lifeline.org.au**
- Beyond Blue 1300 224 636 **www.beyondblue.org.au**
- Suicide Call Back Service 1300 659 467 **www.suicidecallbackservice.org.au**
- MensLine Australia 1300 789 978 **www.mensline.org.au**
- QLife 1800 184 527 (3.00pm – 12.00am) **www.qlife.org.au**
- Kids Helpline 1800 55 1800 **www.kidshelpline.com.au**
- HelpingMinds Free Phone: 1800 811 747 **www.helpingminds.org.au/**