

I have a mental health issue - can I access the NDIS?

You can be eligible for the National Disability Insurance Scheme (NDIS) if you are living with a mental health issue, experience impairment because of it and this impairment substantially reduces your ability to live an ordinary life.

You can find out if you are eligible for a support package by using the online NDIS Access Checklist <https://www.ndis.gov.au/ndis-access-checklist>

Contact the **NDIS Hotline on 1800 800 110** and they will tell you how to apply for access NDIS support.

General Practitioners (GPs) and other health professionals may be asked to provide evidence to support your request to access the NDIS. This may involve:

- completing the *NDIS Supporting Evidence Form* or sections of the *Access Request Form*
- documenting that you have or are likely to have a permanent disability
- providing copies of reports or assessments that outline the extent of the functional impact of

the disability. When documenting the impact of a person's disability, a GP or other health professional will be asked to write down how your disability impacts your:

- communication
- mobility/motor skills
- social interactions
- learning self-care & self-management.

Remember to book a long appointment to discuss your NDIS eligibility with your GP or health professional. Take with you the **GP's guide to the NDIS** booklet in this Information Pack. This explains to your health professional what they need to do.

The **Psychosocial disability, recovery and the NDIS** sheet in this Package also has further information.

What is the role of carers and families?

The NDIS will ensure that people with mental health issues are given every opportunity to make their own decisions and exercise choice and control. The scheme recognises the role of families and carers is often essential in supporting people to realise these goals. Things that may be funded for carers include:

- Training for carers/parental strategies
- Behaviour support/management plans
- Group therapy and family therapy
- Transition planning
- Coordination of the supports included the Plan.

What happens next?

If your application to access the NDIS is or is not approved, what happens next for you is the same as someone entering through the Standard Pathway. DAISI explains these next steps on **page 2 of our Standard Pathway** information sheet included in this Information Package.

If you would like to talk about this process or any other issue you can call **DAISI on 1800 800 340**, email us on info@daisi.asn.au or drop into our office at **166 River Street Ballina NSW**. We would be happy to help.

Or you can call the **NDIS Hotline on 1800 800 110**.