



## If you have questions, we have answers

If you are unsure about your eligibility for the NDIS, get in touch with us anyway.

HelpingMinds will assist you with any questions you may have and connect you with the right people who can support you.

You can also find handy videos on the HelpingMinds and NDIS websites that further explains the NDIS.

Extensive information about the NDIS can be found on the NDIS website [ndis.gov.au](http://ndis.gov.au).



## Like to know more?

P (08) 8963 5639  
E [info@helpingminds.org.au](mailto:info@helpingminds.org.au)

### HelpingMinds Darwin

Charles Darwin Centre  
Level 16, 19 Smith Street  
Darwin NT 0800

HelpingMinds supports:

- Darwin, NT
- Perth metro
- Regional areas of WA

[helpingminds.org.au](http://helpingminds.org.au)



# NDIS

National Disability Insurance Scheme



## FREE subscription

To subscribe to our free e-newsletter please contact HelpingMinds on (08) 8963 5639 or send us an email [info@helpingminds.org.au](mailto:info@helpingminds.org.au)



Supporting you with your  
mental health challenges

## What is the NDIS?

The National Disability Insurance Scheme (NDIS) is the Government's new way of providing support to Australians under the age of 65 who live with a permanent disability.



## How can the NDIS help me?

If you are experiencing mental health challenges, the NDIS may be able to help you. This can be done through an individualised support plan, designed by you, to meet your needs and live a good life.

The NDIS can also help your family and other people who care for you.

## What is psychosocial disability?

The NDIS supports several different types of disability, one of these being 'psychosocial', the NDIS term for a mental health challenge.

HelpingMinds specialises in providing psychosocial supports. If you experience mental health challenges that have an impact on your daily living, the NDIS and HelpingMinds may be able to help you.



Registered NDIS Provider

## What could my supports look like?

- Helping you to coordinate your plan and select services that meet your needs.
- Helping you to participate in community activities.
- Assisting you to attend appointments to meet your health needs.
- Helping you with decision making and solutions.
- Assisting you to manage your budget.
- Supporting you in engaging with other services to help you achieve your goals.
- Various activities to help you become more independent.
- Providing emotional support.
- Assisting you if you have been discharged from hospital.

## How do I register for NDIS support?

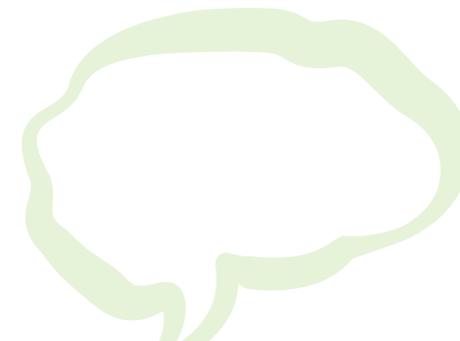
HelpingMinds can assist you in preparing your application to the NDIS. Your eligibility will then be considered for individual funding and can depend on your location, age, residency and disability.

## How much support will I receive?

This will be different for everyone as it is based on your individual needs. Upon assessing the application, the NDIA will determine the amount of funding they will provide an individual, which will enable them to access support services through their choice of provider. Your plan will be reviewed every 12 months to ensure the amount of support you are receiving is appropriate.

## How can HelpingMinds help me?

HelpingMinds can guide you through every stage of the NDIS process. From helping you with your application paperwork and finding out your eligibility, to implementing your plan and providing support services when your plan is in place.



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helpingminds.org.au