



## We're here to help

HelpingMinds can help you find out if you are eligible for the NDIS and assist with the application process.

As well as providing NDIS support, HelpingMinds offers a range of services for families, adults and young people who have someone close to them living with mental health challenges, including:

- Counselling
- Support groups and workshops
- Helping you to understand the mental health system and your rights
- In-school education
- Free phone support for regional and remote WA

Contact us today to see how we can support you and your family.

☎ (08) 9427 7100

✉ [info@helpingminds.org.au](mailto:info@helpingminds.org.au)

•  Watch our **NDIS animation** and hear from some of our participants at [helpingminds.org.au/NDIS](http://helpingminds.org.au/NDIS)

## Get in touch

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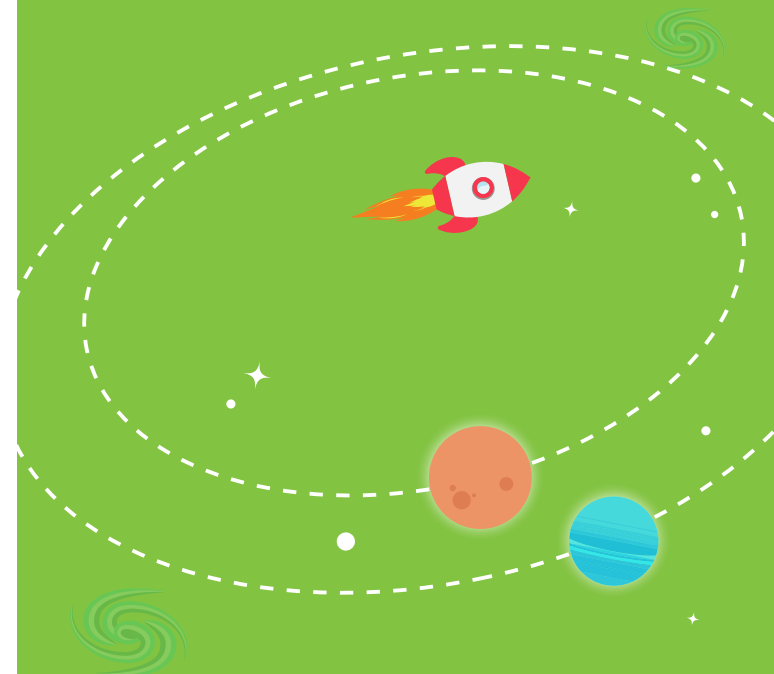
## Where we are

### Head Office

182 Lord Street, Perth  
Western Australia 6000



Does the  
**NDIS**  
feel a bit like  
rocket science?



# Making sense of the NDIS



At HelpingMinds we understand that the NDIS is new and confusing. We're here to help you.

The NDIS, or National Disability Insurance Scheme, is implemented by the National Disability Insurance Agency (NDIA).

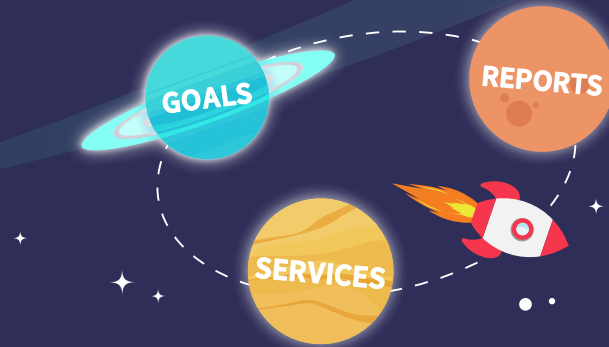
It's the Government's new way of providing a range of support to Australian Citizens and residents under the age of 65 who have a disability.



- ✓ AUSTRALIAN RESIDENCY\*
- ✓ UNDER 65
- ✓ HAVE A DISABILITY\*

\* Eligibility conditions apply

The NDIS funds the services and supports you require to enable you to achieve the life you want and deserve.



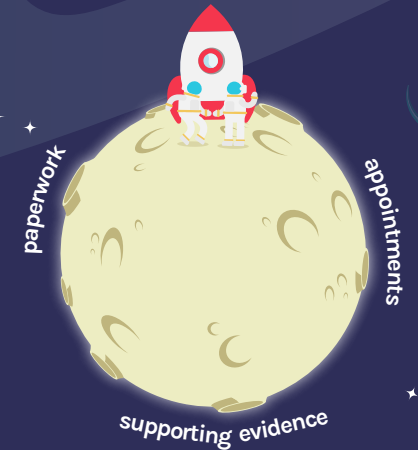
So, what does the NDIS have to do with you and your mental health?

?!?!  
PSYCHOSOCIAL

**Psychosocial disability** is the term used to describe the experience of people who live with a mental health challenge that has a significant impact on their daily life.

If you live with a mental health challenge HelpingMinds may be able to assist you in achieving your goals through the NDIS.

It might be as simple as giving you some company, helping you budget your daily expenses, or as big as encouraging you through your most challenging days.



We can support you on your journey, by guiding you through every stage of the NDIS process, including the application paperwork and gathering supporting evidence of your mental health challenge.

In the words of one of our clients ...

“HelpingMinds has helped turn my scars into stars”

**What next?** Give us a call on (08) 9427 7100 and we'll help you to get your application process started.