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Health professionals and service providers can support both applicants and participants in the NDIS.

The below resources can help to support an applicant or participant with a psychosocial disability.

We also have resources below for families, carers and other supporters.

General practitioners (GPs)

The role of GPs in supporting a patient to access NDIS support

General Practitioners (GPs) provide clinical information to support a person's NDIS application.

GPs may also help people:

- better understand and connect with the NDIS
- connect with a [local area coordinator](#) for mainstream and community supports.

The below guide can help GPs understand the NDIS and other supports available to their patients:

- [The General Practitioner \(GP\) guide to the NDIS for psychosocial disability \(PDF 234KB\)](#)
- [The General Practitioner \(GP\) guide to the NDIS for psychosocial disability \(DOCX 312KB\)](#)

Who should apply to the NDIS

Not all people with mental health conditions will need funded support from the NDIS. NDIS funded supports are for people whose:

- recovery journey is likely to be lifelong
- impairments resulting from mental health conditions have a significant impact on their ability to carry out day-to-day activities. We call this psychosocial disability.

How to support people not eligible for the NDIS

People who are not eligible for the NDIS or who choose not to apply can still access support from a local area coordinator.

Local area coordinators have strong connections in the community.

They can connect people with mainstream supports in their local area including:

- community groups
- recreational activities such as sporting clubs and performing arts groups
- other social networks.

Mental health professionals

Qualified and experienced mental health professionals provide primary evidence of functional capacity to support the application process for people with psychosocial disability.

This evidence is required to show how much a person's [permanent impairment](#) impacts on their functional capacity.

Without this evidence, it is likely that a person may not be able to demonstrate that they meet the eligibility criteria.

When applying to the NDIS the best way to provide evidence of a functional impact of an impairment is to have a qualified person complete a functional assessment.

A qualified person is usually a mental health professional.

Mental health and peer workers can also provide evidence to support a person's application.

The resources below have information for mental health professionals:

- [Accessing the NDIS: a guide for mental health professionals \(PDF 326KB\)](#)
- [Accessing the NDIS: a guide for mental health professionals \(DOCX 320KB\)](#)
- [Frequently Asked Questions - for mental health professionals supporting people applying for the NDIS \(PDF 272KB\)](#)
- [Frequently Asked Questions - for mental health professionals supporting people applying for the NDIS \(DOCX 302KB\)](#)

Support workers

A mental health support worker or a lived experience/peer worker can provide a letter as part of evidence for an applicant or participant.

The person may:

- be applying with a primary psychosocial disability
- need a plan reassessment
- need a plan variation.

Along with other evidence, this letter can help the NDIS understand if a person meets the disability or early intervention requirements.

A template to help draft a Support Worker Letter (including lived experience or peer workers) is available below.

- [Guide to writing a Support Worker Letter – psychosocial disability \(PDF 191KB\)](#)
- [Guide to writing a Support Worker Letter – psychosocial disability \(DOCX 287KB\)](#)

Psychosocial recovery coaches

We are committed to ensuring the NDIS meets the needs of people with psychosocial disability. Part of this commitment is the psychosocial recovery coach support item introduced by the NDIA to work with people with psychosocial disability.

This [Psychosocial recovery coach factsheet](#) can help providers deliver the recovery coach support item.

Families, carers and other supporters

Families and carers can be essential in supporting people with psychosocial disability to pursue their goals.

For more information about how we can help carers and family members, visit the [families and carers](#) page.

The [Reimagine Today](#) website can also help people with a mental health condition to better understand psychosocial disability, recovery, and the NDIS. It is also helpful for supporters of someone living with a mental health condition.

The [NDIS mental health toolkit](#) on the Independent Mental Health Advocacy website can also help people with psychosocial disability and their carers or family members in applying for and navigating the NDIS.

This toolkit is designed to provide you with the information, skills and support to advocate for what you want under the NDIS.

This page current as of

26 April 2024