



Mainstream Interface - Mental Health

Supports the NDIS will fund in relation to mental health services

About the NDIS

The National Disability Insurance Scheme (NDIS) is a new way of providing community inclusion and individualised support for people with permanent and significant disability, their families and carers.

The National Disability Insurance Agency (NDIA) has been established to implement the NDIS.

What are mainstream services?

Mainstream services are the government systems providing services to the Australian public, eg. health, mental health, education, justice, housing, child protection and employment. Most people interact with a range of services throughout their lives.

Why are mainstream services important?

The NDIS aims to maximise opportunities for independence for people with disabilities, by providing access to high quality supports.

However, the NDIS alone will not meet all the needs a person has. Inclusion and access for everyone is a shared responsibility and other government systems will continue to play a critical role in supporting people with disability.

The NDIA will build relationships with mainstream service providers and the local community. This will improve their understanding about how they can interact with people with disability.

What supports related to mental health services will the NDIS fund?

Psychosocial disability can arise from mental health issues. Whilst not everyone with a

mental health issue will experience psychosocial disability, those that do can experience severe effects and social disadvantage. Most of these participants will have support needs from the NDIS as well as health and mental health services.

Other NDIS participants (i.e. those with disability other than a psychosocial disability) may also require mental health services and supports from time to time.

Supports funded by the NDIS

The NDIS funds supports that help a participant undertake activities of daily living.

This includes:

- assistance with planning and decision making and household tasks
- assistance to build capacity to live independently and achieve their goals, such as building social relationships, as well as financial management and tenancy management skills
- supports to participate in community activities such as recreation, education, training and employment.

Participants can choose where to access their supports including through centre-based services, in-home, day services, community access and outreach services.

Supports funded by the health and mental health system

The health and mental health systems are responsible for assisting participants with clinical and medical treatment.

The health and mental health systems are responsible for the diagnosis and treatment of psychiatric conditions and mental illness.

This includes:

- all medical and clinical services such as general practitioners, psychiatrists and psychologists
- care while admitted in hospital, in-patient and residential care
- medications and pharmaceuticals.

The health system is also responsible for other health related services such as dental care, palliative care and nursing care.

Individuals and families sometimes also have a role in funding the medical and clinical services, such as out of pocket expenses or gap payments. The NDIS does not cover these costs.

Which system assists with early intervention?

The NDIS supports people a permanent and significant functional impairment as a result of their disability or mental health issue.

Early intervention is funded where it is likely to reduce the participant's future need for support.

People with early signs of a mental health issue are helped by the health system in the first instance. This is because the health system diagnoses and manages mental health issues.

The supports offered by the NDIS will help the person address the functional impact of their psychosocial disability. These supports are generally not the type of help a person requires at the first signs of a mental health issue. They are supports to increase the participant's independence, and social and economic participation.

What happens if the health or mental health system doesn't fund the supports I need?

If the health or mental health system is responsible for a support, the NDIS cannot fund that support, even if these other systems do not provide it.

However, the NDIS may still be able to help participants, for example, a Local Area Coordinator can assist the participant to make contact and discuss their needs with appropriate local providers.

The participant's plan will include the supports funded by the NDIS as well as the supports that are the responsibility of other government services.

What happens next?

Participants and their families will discuss their goals as part of their planning conversation.

Not all supports that assist participants to achieve their goals will require funding.

The participant's plan will include the supports the NDIS will fund as well as supports that are the responsibility of other government services.

More information

Visit the NDIS website or call us:



www.ndis.gov.au



Telephone 1800 800 110*
8am to 5pm (local time) Monday to Friday

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