

MENTAL HEALTH AND PSYCHOSOCIAL DISABILITY

The term ‘psychosocial disability’ comes from the United Nations Convention on the Rights of People with Disabilities.

The word ‘psychosocial’ comes from two things:

1. Psychology – how you understand your experiences, the world, your emotions and feelings; and
2. Social – how people who experience mental health conditions are viewed by others, or what society defines as ‘normal’.

Psychosocial disability mostly refers to social and economic impacts of living with a mental health condition, so things like earning money, buying things you need, or having relationships with friends or family. Psychosocial disability describes the challenges a person experiences that are related to their mental health condition, that affect their ability to participate in life.

Reimagine, ‘Disability and psychosocial disability’, January 2020, <https://reimagine.today/what-is-psychosocial-disability/disability-and-psychosocial-disability/>

Organisation	Resource	Location
NDIA	NDIS Eligibility Checklist	https://www.ndis.gov.au/applying-access-ndis/am-i-eligible
NDIA	Mental Health and the NDIS	https://www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis
NDIA	In-language information on ‘Psychosocial disability, recovery and the NDIS’ Arabic, Chinese (Simplified & Traditional), French, Greek, Hindi, Italian, Macedonian, Samoan, Tagalog, Vietnamese	https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Psychosocial_disability,_recovery_and_the_NDIS

Embrace Multicultural Mental Health	20 + in language resources about mental health	https://embracementalhealth.org.au/
Reimagine – Mental Health, My Recovery and the NDIS	In language material on mental health and the NDIS Arabic, Chinese, Spanish, Korean, Turkish, Vietnamese, Farsi, Assyrian	https://reimagine.today/what-is-psychosocial-disability/what-does-psychosocial-disability-mean-to-you/
Mental Health Services SA	A comprehensive list of mental health services across SA	https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services/mental+health+services/mental+health+services
NDIA	Exceptionally Complex Support Needs Program (ECSNP) Provide an After Hours Crisis referral service for NDIS participants aged 18 years and over, who are experiencing a breakdown of their disability related supports	https://www.marathonhealth.com.au/ecsn
National Disability Advocacy Program	Provides people with disability with access to effective disability advocacy that promotes, protects and ensures their full and equal enjoyment of all human rights enabling community participation.	https://www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/national-disability-advocacy-program-ndap
SBS Radio	SBS has compiled some of the available services to help individuals in Australian migrant communities facing challenging times and in need of mental health support in their own language.	https://www.sbs.com.au/language/english/what-mental-health-services-in-your-language-are-available-in-australia



24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed

 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25

 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling

 openarms.gov.au

 1800 011 046

Lifeline

Anyone having a personal crisis

 lifeline.org.au

 13 11 14

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467



Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**