

Advice about NDIS changes due to COVID-19

With COVID-19, there have been a lot of changes and challenges. The uncertainty of this situation has made it difficult for many people. The NDIS has been working to provide clear information and updated services to better support participants during this time.

To access up-to-date information about the changes to the NDIS, please:

- **Call the NDIA on 1800 800 110 and select option 5** to discuss COVID-19 changes
- **Call 1800 800 110** to amend a plan, to:
 - Access low-cost assistive technology
 - Access Plan Flexibility
 - Get support for planning or review meetings.

For further information you can also:

- Download this information pack: [Psychosocial Disability Information Pack](#)
- Go to: <https://www.ndis.gov.au/coronavirus>
- Watch: [Increased Flexibility for low-cost Assistive Technology](#)
- Watch: [Connecting the NDIS – COVID-19](#)
- Watch: [COVID-19 Using the funding in your plan differently.](#)

Not an NDIS participant?

For people who are not currently receiving support from the NDIS for a psychosocial disability, there are a range of online mental health resources available on the [Department of Health website](#).

Self-Care

It is especially important to practice ‘self-care’ at this time. For this, we invite you to explore things like our ‘Self-Care Hub’:

[Self-Care Hub](#)

There is also specific guidance on COVID-19 and mental health on [Head to Health](#), such as how to:

- Maintain good mental health during the coronavirus pandemic and in self-isolation
- Support children and loved ones
- Access further mental health services and care.

If you feel you need help and it’s not an emergency, consider contacting your doctor. They can help you decide what support you can get, such as:

- A mental health assessment and/or care plan
- Referral to a psychiatrist or other mental health professional
- Medicine to treat depression or anxiety.

If you want to speak with someone now, please call:

- Lifeline on 13 11 14
- Kids Helpline on 1800 551 800
- Beyond Blue on 1300 224 636
- SANE Australia on 1800 187 263
- Suicide Call Back Service on 1300 659 467
- Australian Department of Health 24-hour Coronavirus hotline on 1800 020 080.