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# Am I eligible?

## Step 3 - Am I eligible?

To become an NDIS participant you need to meet the 'access requirements'. If you are living with a mental health condition one of those requirements is to have a high level of [psychosocial disability](#).

If you have a psychosocial disability you may still not be eligible for NDIS funded supports, especially if:

- there is little effect on your day-to-day functioning or
- the evidence you submit with your application does not show a major impact.

The National Disability Insurance Agency has an [NDIS Access Checklist](#) that is useful for thinking about whether you meet the access requirements. However, the only way to be sure about your eligibility for NDIS support is to complete an [Access Request Form](#) and [provide supporting evidence](#).