

DEALING WITH STRESS AND ANXIETY WHEN APPLYING FOR THE NDIS

Remember the NDIS isn't your whole life, it's funding to help you to live your best life, but it's not your whole life. Thinking about things you need support with might make you feel sick, vulnerable or broken, but remember, you're amazing – it's the system.



It is normal to be fearful, worried or anxious about contacting organisations like the NDIS. You can ask a friend or family member to be with you when you call, or to speak on your behalf.



Remember that you are not asking the NDIS for a favour; you have rights as a consumer, including the right to be treated with respect, the right to information about you, and the right to appeal decisions made about you.



If the NDIS application process is causing you distress, speak to a friend or someone you trust. You can also speak to a disability advocate at PWDA, or contact a service such as ACON's counselling team or Q Life.



Applying for the NDIS may lead to stress and anxiety for some of us. Feeling overwhelmed by strong emotions during times like these is totally understandable. Coping with distress and fear in a healthy way will help ensure that you, your loved ones and everyone in our communities stay strong and resilient.



Have a think about the people in your life who might be able to be a support person for you in dealing with the NDIS.



The LGBTQ+ community is strong and resilient. We have a history of overcoming hard times. Reach out to your community – you never know who might be willing to help until you speak out.



Do something you enjoy after working on your NDIS application, like watch a favourite TV show, speak to a friend, or relax in the sunshine.



It is normal to get anxious or frustrated with the NDIS application process or long wait times to hear back about your application. The NDIS is a relatively new and very large organisation, and the time you have to wait to get an answer on your application may be weeks or even several months.

WE'RE HERE FOR YOU

ACON provides confidential counselling to people in our communities seeking support in relation to their mental health and wellbeing. Contact ACON on (02) 9206 2000 or 1800 063 060 or go to acon.org.au. You can also get in contact with other mental health services including Qlife on 1800 184 527, beyondblue on 1300 22 4636 or Lifeline on 13 11 14.

This resource has been put together by ACON counsellors.

REMEMBER

This is temporary. Physical distancing measures are enforced to slow the spread of COVID-19. We must all play our part. Our communities have rallied together in times of adversity to care for each other before, and we will do so again. We're all in this together.

