

# Peer Choices

## Helping you choose your NDIS supports



### For better mental health and wellbeing

Peer Choices is for people who are accessing the National Disability Insurance Scheme (NDIS) for mental health reasons (known as psychosocial disability).

Peer Choices helps you to choose supports as part of your plan through individual support, education and group support options.

We can support you to:

- ✓ Find and choose your supports
- ✓ Understand the NDIS and your plan
- ✓ Know your rights and options
- ✓ Speak up for what you want
- ✓ Connect and learn with others
- ✓ Find help to make a complaint
- ✓ Learn about programs and services that can support your wellbeing.

**Our staff have lived experience of mental health challenges and are now living well.**

You don't need a referral, simply contact us to learn more or get started.

CoMHWA



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