



Submission to the Australian Government: NDIS Rules

27th July 2025

Introduction

Community Mental Health Australia (CMHA) welcomes the opportunity to provide a brief submission to the consultation on the National Disability Insurance Scheme (NDIS) Supports Rules. As the national peak body representing the community-managed psychosocial mental health sector, we advocate for a strong, community-led, person-centred, and recovery-oriented system that enables people to live contributing lives in the community.

CMHA in the first instance directs the Australian Government to the National Mental Health Consumer Alliance's (NMHCA's) submission on the impact of the NDIS Support Rules as representatives of rights-holders with psychosocial disability, which notes both the lack of authentic co-design due to the speed of reform, and consequently the lack of appropriate supports for people with psychosocial disability.

Recommendation:

The Australian Government fully engage with the NMHCA's submission and, as the *Interim Report – Review of Mental Health and Suicide Prevention Agreement* by the Productivity Commission reinforced, enact co-design and the inclusion of people with lived experience of mental health challenges at all levels of NDIS policy – design, development, implementation evaluation and governance.

CMHA also notes this reduction in supports and services occurs in the context of ongoing unmet need for rights-based psychosocial supports outside of the NDIS, as identified in the *Analysis of Unmet Need for Psychosocial Supports Outside of the National Disability Insurance Scheme (2024)*.

CMHA urges the Australian Government to align any further policy changes to the NDIS to be aligned with the unmet psychosocial needs work being progressed through the Mental Health and Suicide Prevention Senior Officials Group, the ongoing work to define and progress Foundational Supports and other Recommendation 7 work from the NDIS Review.

The reduced scope and shrinkage of available supports to people with psychosocial disability as a consequence of the new NDIS Support Rules occurs in a context of unavailable appropriate supports elsewhere, particularly given the disappointing lack of progress in implementing the Recovery Oriented Framework, endorsed by the Disability Reform Ministerial Council.

Physical supports (exercise physiology) and services now excluding people with psychosocial disability.

The poor physical health and mortality gap of people with psychosocial disability is well documented. Access to exercise support must be made available to people with psychosocial disability.

Recommendation:

Government update the description of 'exercise physiology and personal wellbeing activities' support item to include coverage for all participants.

Thank you for this opportunity to provide a brief submission to this process.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Kerry Hawkins', with a stylized, flowing script.

Kerry Hawkins
Chief Executive Officer
Community Mental Health Australia