19 November 2025

The National Mental Health Sector Reference Group met on 19 November 2025 for their third meeting of the year.

The meeting was held online.

Focus of the meeting

The focus of the November meeting was:

- The June 2025 NDIS psychosocial data report
- NDIS access data for people with psychosocial impairment
- A summary of the psychology support guidelines.

Psychosocial data report

The group heard a summary of the June 2025 psychosocial data report.

Members provided the following feedback:

- There is concern about the decline in access rates for people with psychosocial disability. A further deep dive is needed to understand the reasons for this.
- The mental health sector is aware some providers are encouraging participants to use their plan funding for supports that are not essential. This is often intended to maintain or increase funding at the next plan review.
- The introduction of funding periods has raised questions and concerns for participants and providers, especially due to the fluctuating nature of psychosocial disability.

NDIS access data deep dive

The group heard about the review of records for 100 people with a psychosocial impairment who had applied for access to the NDIS.

Members provided the following feedback:

- The current access form requires improvements to make it clearer what evidence is needed to support applications and who can provide it
- People need better guidance on how to complete the access request form which should be designed with people who have lived experience to help make the process practical and fair
- Discussion that there is need to understand other potential barriers, not just a focus on the application form, through consultation with lived experience.

Psychology support guidelines

The NDIS talked about two draft guidelines being developed and discussed psychology supports in participants plans:

- Guide to reasonable and necessary decisions
- Our Guideline – Mainstream and community supports – Mental health and psychosocial disability.

Members provided the following feedback:

- It is not always clear to participants and planners when psychology can be funded in plans
- The NDIA should make it easy to understand the guidelines, including what psychology supports are and when they should be used. There should also be a simple way to fix decisions that do not follow the guidelines without needing a formal review.

Other business

Members highlighted the need to strengthen engagement with people with lived experience of psychosocial disability. They also identified opportunities to improve communication, co-design processes and transparency.

The NDIA acknowledges these priorities and is committed to working collaboratively on practical improvements to support better outcomes.

NMHSRG next meeting

The National Mental Health Sector Reference Group's next meeting will be early 2026 and will be held online.

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