



Why Mendis Fits with Most NDIS Plans

Supporting Information for Plan Managers and Support Coordinators



What is Mendis?

Mendis is a peer-led support initiative created specifically for men with disability who are navigating identity, mental wellbeing, and social participation. Our mission is to foster resilience, purpose, and connection in a relaxed, relatable environment — whether online or in person.

We offer:

- Group coaching and peer support via **Zoom or in-person meetups**
 - One-on-one coaching via Zoom
 - A pass-based system to give participants flexible, low-cost access to group sessions
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How Does Mendis Align with the NDIS?

Mendis directly supports key NDIS outcomes and participant goals in the following areas:

- **Improved mental health and emotional wellbeing**
- **Increased social and community participation**
- **Stronger sense of self, purpose, and direction**
- **Reduction in isolation and increased informal support networks**
- **Improved daily functioning and communication skills**

Participants often join Mendis with goals such as:

- “Build confidence in social settings”
 - “Develop strategies to manage anxiety or emotional overwhelm”
 - “Explore personal identity and future aspirations”
 - “Connect with other men who understand my challenges”
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NDIS Support Category & Funding Codes

Mendis is NDIS-claimable under the following categories and line items:

Group Sessions



Support Category - Preferred	Line Item	Description
Core – Access community, social & recreational activities - standard	04_104_0125_6_1	Group-based peer support focused on social connection...

1:1 Coaching (Zoom)

Support Category	Line Item	Description
Individual capacity building for social and community participation.	09_007_0116_6_3	1:1 mentoring to build confidence, routine and community engagement.
Improved daily living	15_037_0117_7_3	Development Of Daily Living And Life Skills
Improved relationships	11_024_0117_7_3	Development Of Daily Living And Life Skills

We provide NDIS-compliant invoices tailored to participant plan types (self, plan, or agency-managed).

What Makes Mendis Unique?

- **Peer-Led by Lived Experience**
Mendis is run by men with lived experience of disability, mental health challenges, and navigating the NDIS — creating a space of mutual understanding, not clinical assessment.
- **Flexible, Accessible, and NDIS-Friendly**
Participants can choose how and when they engage, with all services designed to meet NDIS funding guidelines.
- **Focus on Identity and Connection**
Most services focus only on function. Mendis goes deeper — helping men reconnect with who they are and how they want to live.
- **Scalable Support**
Men can start with group sessions and later access one-on-one coaching for deeper personal support.

Supporting Documentation

Mendis is often recommended or referenced in:

- **Occupational Therapy reports**
- **Psychosocial assessments**
- **Functional Capacity Evaluations**
- **NDIS goals or planning meetings**



We can also provide:

- Letters of support
- Goal-aligned session summaries
- Custom invoices or funding confirmation letters upon request

How Plan Managers and Support Coordinators Can Help

- **Include Mendis in Plan Reviews**
Reference Mendis when setting goals around mental wellbeing, self-esteem, and social connection.
- **Confirm Support Categories**
We'll work with you to use the most appropriate funding line based on participant goals and plan type.
- **Trial Access for Suitability**
Participants can attend their **first group session free** to see if the format is a good fit.
- **Monitor Progress**
With participant consent, we can share brief updates or attendance logs to support reporting and outcome tracking.

Pricing (as of 2025) - subject to change, however all effort will be made to update in a timely manner.

Support Type	Price	Notes
1x Group Pass	\$70.23	Claimed under Group Community Participation (Core)
5 Pass Pack	\$325	Save \$50
10 Pass Pack	\$600	Save \$150
1:1 Zoom Coaching	\$110 (40 mins)	Claimed under Capacity Building – Improved Daily Living

All receipts and invoices include:

- Participant name and NDIS number
- Provider details (Murfitt Elevation – ABN: 87 661 641 615)
- Support item code and description
- GST where applicable
- Date and method of service

Contact Us

If you're a plan manager or support coordinator looking to confirm eligibility or request a custom letter of support, reach out any time.



MENDIS Team

 support@mendis.digiwell.com.au

 mendis.digiwell.com.au