

COVID-19 Coronavirus

Your counselling options

These are stressful times for everyone. We understand that the Coronavirus pandemic is an added stress for our clients. Mental health support is an essential service. Due to Stage 4 Lockdown restrictions, counselling will be provided in most cases via online secure Telehealth.

For clients whose clinical needs cannot be met via Telehealth, in-person counselling sessions will be provided by some psychologists. In these limited cases, APPN psychologists closely follow the Department of Health protocols for keeping our clinics as hygienic and safe as possible. **Masks will need to be worn at all times.** In addition to a mask, your therapist will be wearing eye protection.

These are your options for Telehealth counselling:

With a GP Medicare Mental Health Care Plan in place:

- You hold a concession card and/or
- You or your partner have experienced a job loss due to COVID-19, and you are experiencing **financial hardship.**

You may be eligible for a **reduced fee (as determined by your psychologist)** for your 50-minute Telehealth sessions. Please discuss this with your psychologist.

With a GP Medicare Mental Health Care Plan in place:

If you do not meet the financial hardship criteria, please check with your psychologist about your **out of pocket fee** and your **Medicare rebate.**

If you do not have a GP Medicare Mental Health Care Plan or your plan has finished:

If you do not have a Medicare Mental Health Care Plan or your plan has finished, you will be required to pay the **full fee** for your Telehealth session, or an **amended fee** determined by your psychologist.

Please note that the Australian Government has approved an additional 10 sessions rebateable under Medicare over and above the previously allocated 10 sessions for this calendar year (i.e. a total of 20 sessions this calendar year).

If you have **private health insurance**, you will need to check with your insurer as to your eligibility for rebates for Telehealth sessions. Health insurance rebates cannot concurrently be claimed for sessions that are rebated by Medicare.

Wishing you and your families good health and calm.

Dr Renée Miller
Principal Clinical Psychologist

antenatal & postnatal
psychology network

