

COVID-19 Coronavirus

Update 1st June 2021

Mental health support is an essential service. However, in light of current COVID-19 restrictions, counselling sessions will in most cases be provided via secure online Telehealth platforms.

For clients whose clinical needs cannot be met via Telehealth, in-person counselling sessions may 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 need to be worn at all times.

Please check with the individual psychologist about whether in person counselling is an option.

Accessing counselling

With a GP Medicare Mental Health Care Plan in place:

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:

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.

Dr Renée Miller
Principal Clinical Psychologist

