

APS Fact Sheet

Medicare rebates for mental health services provided by psychologists



Medicare rebates are available for psychological treatment by registered psychologists under the Australian Government's Better Access to Mental Health Care initiative. This scheme provides considerable assistance to people living with mental health problems, allowing them greater access to psychologists and providing more affordable mental healthcare.

What is a psychologist?

Psychologists study the way people feel, think, act and interact. Through a range of strategies and therapies they aim to reduce distress and to enhance and promote emotional wellbeing. Psychologists are experts in human behaviour, and have studied the brain, memory, learning and human development. Psychologists can assist people who are having difficulty controlling their emotions, thinking and behaviour, including those with mental health problems such as anxiety and depression, serious and enduring mental illness, addictive behaviours and childhood behaviour disorders.

All psychologists are legally required to be registered with the national registration board, the Psychology Board of Australia, Psychologist Registration Board in their State or Territory, in the same way medical practitioners must be registered. This means that they must be competent and follow a strict Code of Conduct.

Not all counsellors or therapists are registered psychologists. Seeing someone who is registered ensures you receive high quality ethical treatment.

If I have a mental health problem, how can a psychologist help me?

Psychologists specialise in providing therapies for mental health problems. These therapies are effective at treating common mental health conditions including anxiety and depression and most childhood problems.

Can I go directly to a psychologist to receive treatment through Medicare?

You must be referred by your GP, your psychiatrist or paediatrician. Your GP will need to complete a detailed mental health assessment and prepare a Mental Health Treatment Plan before referring you to a psychologist. You should book a longer session with your GP to enable time for this.

What mental health problems can be treated under the Better Access initiative?

'Mental disorder' is a term used to describe a range of clinically diagnosable disorders that significantly impact on a person's emotions, thoughts, social skills and decision-making. The Better Access initiative covers people with mental disorders arising from:

- Psychotic disorders
- Schizophrenia
- Bipolar disorder
- Phobic disorders
- Anxiety disorder
- Adjustment disorder
- Depression
- Sexual disorders
- Conduct disorders
- Bereavement disorders
- Post-traumatic stress disorder
- Eating disorders
- Panic disorder
- Alcohol use disorders
- Drug use disorders
- Sleep problems
- Attention deficit disorder
- Obsessive compulsive disorder
- Co-occurring anxiety and depression

Can I access any psychologist?

Under the scheme you can only see a registered psychologist with a Medicare Provider Number who you have been referred to by your GP, psychiatrist or paediatrician.

Continued →

APS Fact Sheet (Cont.)

← Can I request a referral to a specific psychologist or does my doctor have to choose?

Your doctor must first assess that you require the services of a psychologist. Your doctor may allow you to request a specific psychologist or may refer you to a psychologist that he/she recommends. The psychologist in question must be registered and have a Medicare Provider Number for you to be able to claim the Medicare rebate.

If I am already seeing a psychologist, can I access Medicare benefits?

In order to receive a Medicare rebate, you must be referred to a psychologist by an appropriate medical practitioner (GP, psychiatrist or paediatrician). The doctor must first make an assessment that you need the services of a psychologist. If you are already seeing a psychologist, discuss this with your doctor.

How many sessions with a psychologist am I entitled to?

The Federal Government made changes in the 2011 Budget to the number of allowable sessions of treatment with a psychologist that eligible people can receive, which are applicable from 1 November 2011.

From 1 November 2011, eligible people can receive:

- Up to 10 individual services in a calendar year. Your referring doctor will assess your progress after the first six sessions.
- Up to 10 group therapy services in a calendar year where such services are available and seen as appropriate by your referring doctor and the psychologist.

Arrangements for people who were seeing a psychologist through the Medicare scheme prior to 1 November 2011

You will be able to access the previous annual allowance of up to 12 individual sessions and/or up to 12 group sessions, plus six additional individual services under exceptional circumstances, if you receive these psychological services before **1 November 2011**.

From 1 November 2011, if you have already had 10 or more individual sessions and/or 10 or more group sessions with your psychologist in 2011 you will not be eligible for any further psychological services this year. If your psychologist and your doctor consider that you require additional psychological treatment you will need your doctor to refer you for more sessions in 2012. From 1 January 2012 you will be eligible for a maximum of 10 individual sessions and/or 10 group sessions in the 2012 calendar year.

What will it cost me?

The cost to you will vary depending on the length of the session and the fee being charged by the psychologist.

If the psychologist decides to bulk bill then you will not have to pay anything.

However if the psychologist does not bulk bill then you must pay the difference between what the psychologist charges you (a fee set by the psychologist) and the Medicare rebate. This will vary and you should check this with the psychologist before commencing your treatment.

How do I pay?

The settlement of the account is your responsibility (unless the psychologist bulk bills you). You may claim a rebate by lodging a claim through Medicare. When billed you can either:

- Pay the full amount of the consultation and use your detailed receipt to claim a Medicare rebate; or
- Pay the difference between the Medicare rebate and the total account amount, and then claim the rebate from Medicare to forward to the psychologist later; or
- Claim from Medicare using your unpaid account.

If the psychologist decides to use the bulk billing method, you assign your right to a benefit to the psychologist as full payment for the psychological service. The psychologist cannot make any additional charge for this service if it has been bulk billed, and will receive the relevant Medicare rebate or 'benefit' from Medicare Australia for the service provided.

Does the Medicare Safety Net apply to my out-of-pocket expenses under this scheme?

Yes. You are responsible for paying any charges in excess of the Medicare rebate for services under this scheme. However, these out-of-pocket expenses will count towards the Medicare Safety Net. The Medicare Safety Net is designed to protect high users of health services from large out-of-pocket expenses. For more information on the Medicare Safety Net, go to: www.medicareaustralia.gov.au.

What about my private health insurance?

You cannot use your private health insurance ancillary cover to top up the Medicare rebates for these services.

You need to decide if you will use Medicare or your private health insurance ancillary cover to pay for psychological services you receive. You can either access rebates from Medicare by following the claiming process or claim where available on your insurer's ancillary benefits.

Further information is available from:

The Australian Psychological Society:
www.psychology.org.au

Australian Government Department of Health and Ageing:
www.health.gov.au