

More mental health help if you're affected by coronavirus (COVID-19)

The Medicare logo consists of the word "medicare" in a lowercase, sans-serif font. The letters are yellow with a slight shadow effect, set against a solid green rectangular background.

Dear All,

If you're impacted by the pandemic, you may be eligible to get an additional 10 extra Medicare covered mental health sessions.

Medicare will cover the extra 10 mental health sessions for someone who has:

- a mental health treatment plan
- used all the existing 10 sessions covered by Medicare in your plan
- spoken to your GP about accessing the extra sessions

If you meet the above conditions, please talk to your GP about the extra sessions about how to start the process as your doctor or psychiatrist will refer you for up to 6 sessions at a time. If you need more, they can refer you for further sessions. However, health professionals set their own fees so we may only cover some of the cost. For this reason, please ask how much you'll pay and what you'll get back from us when you make your appointment. If they bulk bill, you won't need to pay anything and if you have private health insurance you may be able to get some money back. You can check with your insurer.

You also need to be subject to a public health order that either:

- restricts your movement in your state or territory, issued between 1 July 2020 and 31 March 2021
- requires you to self-isolate or quarantine

For further information please go to the Services Australia website and search 'Mental health care and Medicare'

If you're trying to improve your own mental health, or support somebody else with mental health issues, The Department of Health have created a page that has useful information and resources. Please check the Head to Health website which provides you links to trusted Australian online and phone supports, resources and treatment options.

The Welcome to Head Health page can be found by searching for this link:

<https://headtohealth.gov.au/about-us>

***Information provided by Services Australia.**

