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Australia provides mental health support to tackle COVID-19

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People will have to have a Mental Health Treatment Plan



The Australian Government is providing 10 additional Medicare-subsidised psychological therapy sessions for Australians affected by the second wave of the COVID-19 pandemic.

People will have to have a Mental Health Treatment Plan and a review with their GP to access the additional sessions. This will allow them to continue to receive mental health care from their psychologist, psychiatrist, GP or other eligible allied health worker.

The additional sessions are for people who have already used their 10 sessions through their Mental Health Treatment Plan, and who are:

- subject to public health orders restricting their movement within a state or territory issued at any time from 1 July 2020 to 31 March 2021
- required to isolate or quarantine under public health orders

This measure has commenced from 7 August and will be available until 31 March 2021.