

AUSTRALIAN GOVERNMENT DEPARTMENT OF HEALTH

[Additional 10 MBS mental health support sessions during COVID-19](#)

Additional 10 MBS mental health support sessions during COVID-19 The Australian Government is expanding the Better Access Pandemic Support measure. The measure now provides 10 additional Medicare subsidised psychological therapy sessions for all eligible Australians experiencing a severe or enduring mental health response to the COVID-19 pandemic. This measure will be available until 30 June 2022.

AUSTRALIAN PSYCHOLOGICAL SOCIETY

[COVID-19: Medicare funded psychology services | APS](#)

On 13 March 2020, new COVID-19 Medicare items were introduced to allow clients to access up to 10 bulk-billed psychological services delivered by telehealth (i.e., videoconference or phone) in a calendar year.

BETTER HEALTH

[betterhealth.vic.gov.au](#)

Victoria has a range of mental health support services that are available 24 hours a day, seven days a week. These services can provide treatment, information, tools and advice on how to deal with a range of mental health issues.

BEYOND BLUE

[Supporting you through the Coronavirus pandemic - Beyond Blue](#)

No matter how the coronavirus pandemic is affecting you, Beyond Blue has developed a range of information, strategies and expert advice to help you support you.

HEALTH DIRECT AUSTRALIA

[Low cost or free mental health services | healthdirect](#)

If you have a mental health condition that needs treatment, you might be able to get help with payment through a government program. If you qualify for the Better Access initiative, you will be able to receive a Medicare rebate for selected mental health services.. Your GP can also refer you to psychological services through the local Primary Health Networks.

SERVICES AUSTRALIA

[What's covered by Medicare - Mental health care and Medicare - Services Australia](#)

If anyone's life is in immediate danger, call 000 or visit a hospital emergency department. If you're in crisis and need support, call Lifeline on 13 11 14.