



Medicare Rebates and Funding Options for Psychology Services

(Updated 2025 in line with APS, AHPRA, and Medicare Australia guidelines)

Advanced Psychology provides psychological services that may be eligible for rebates through Medicare, Private Health Insurance, or the National Disability Insurance Scheme (NDIS), depending on referral type, client eligibility, and funding arrangements. The information below outlines each funding pathway and the requirements for accessing rebates.

1. Medicare Rebates for Psychology Services

1.1 Better Access Initiative (Mental Health Treatment Plan)

Clients may be eligible to claim a Medicare rebate for individual or group psychological services under the Better Access initiative. To access this rebate, clients must obtain a valid Mental Health Treatment Plan (MHTP) and referral from a General Practitioner (GP), Psychiatrist, or Paediatrician.

The referral must include:

- The client's full name, date of birth, and address
- The reason for referral and request for services under the Better Access initiative
- The number of sessions requested
- The referring practitioner's Medicare Provider Number and signature

A valid referral must be received prior to the initial consultation. We request that this documentation be emailed to our admin team before your first appointment to ensure accurate processing of your Medicare claim.

Under the Better Access initiative, clients may claim rebates for up to 10 individual psychology sessions per calendar year. A review by the referring GP or medical specialist is generally required after the first six sessions before additional sessions can be claimed.

As of 2025, the Medicare rebate for a standard 50+ minute consultation with a General Psychologist is \$98.95. Please note that Medicare rebate amounts are set by the Australian Government and may change without notice.

Clients are required to pay the full consultation fee at the time of their appointment.

Advanced Psychology can lodge your Medicare claim on your behalf following payment, and the rebate will be deposited directly into your nominated bank account. Alternatively, clients may choose to claim their rebate independently through Medicare.

Important: The Better Access initiative covers treatment for eligible mental health conditions such as anxiety, depression, stress, and adjustment disorders. It does not cover diagnostic assessments for Autism Spectrum Disorder (ASD) or other neurodevelopmental conditions.

1.2 Complex Neurodevelopmental Disorders and Autism Pathway

Children and young people who are suspected of having a Complex Neurodevelopmental Disorder or an Eligible Disability (such as Autism Spectrum Disorder, ADHD, or intellectual disability) may be eligible for Medicare rebates under a separate scheme.

This program requires a referral and management plan prepared by a Paediatrician or Psychiatrist under the relevant MBS item numbers (82000–82035).

- Assessment Services: Up to four (4) allied health assessment sessions may be provided initially per child, with the potential for up to eight (8) in total (lifetime cap).
- Treatment Services: Following diagnosis, up to twenty (20) allied health treatment sessions in total (lifetime cap) may be provided across eligible allied health disciplines (e.g., psychology, speech therapy, occupational therapy).
- The child or young person must be under 25 years of age and have been referred by a paediatrician or psychiatrist who has prepared the relevant plan.
- As of 2025, the Medicare rebate for psychological assessment under item 82000 is approximately \$98.95.

Please note: Rebates under this program are only available when a valid referral and plan have been established by the referring medical specialist. Not all assessment or treatment types are covered under Medicare.

2. Private Health Insurance Rebates

Some psychological services may be eligible for a rebate through your Private Health Insurance extras cover. Please contact your health fund directly to confirm your eligibility and rebate amount, as policies vary significantly between insurers.

Advanced Psychology will provide you with a paid invoice or receipt upon full payment, which can be submitted to your health fund for claiming. Please note that you cannot claim both a Medicare rebate and a private health rebate for the same consultation.

3. National Disability Insurance Scheme (NDIS)

Clients who are participants of the NDIS may use their funding to cover or partially cover psychology services at our clinic if their funding is self-managed or plan-managed.

Services can generally be claimed under the following category:

Capacity Building – Improved Daily Living (Item Code: 15_054_0128_1_3)

Assessment, Recommendation, Therapy, or Training – Psychology

Advanced Psychology is not currently registered with the NDIA as a provider. Accordingly:

- Self-managed and plan-managed participants can use their NDIS funding at our clinic.
- NDIA-managed participants (whose funds are managed directly by the Agency) are not eligible to claim services from unregistered providers such as Advanced Psychology.

Our administrative team can provide itemised invoices suitable for NDIS reimbursement upon request.

4. Further Information

For the most up-to-date details on Medicare rebates and eligibility criteria, please visit:

- Services Australia – Mental Health Care Plans:

<https://www.servicesaustralia.gov.au/mental-health-care-plans>

- Australian Psychological Society – Medicare Rebates for Psychological Services:

<https://psychology.org.au/psychology/medicare-rebates-psychological-services>