# Medicare rebates for people of Aboriginal and Torres Strait Islander descent: Psychology sessions

This factsheet outlines key facts about a rebate you may be eligible to receive under the Medicare Funded Allied Health Services for People of Aboriginal and Torres Strait Islander Descent initiative.

**What is this initiative?**

Medicare rebates are available for Aboriginal and Torres Strait Islander people who require follow-up psychology (or other allied health) services after being treated by their GP. This rebate can apply to:

* assessment services - such as assessment for neurodiversity, mental health conditions, cognitive or academic assessment, or memory.
* treatment services - such as individual therapy, counselling or skills development. Parenting sessions? Family therapy?

**Who is eligible for the rebates?**

A person is eligible for this service if they are:

* of Aboriginal or Torres Strait Islander descent
* had a health assessment with their GP and their GP identified a need for follow-up psychology (or other allied health) services
* The client must not be an admitted patient of a hospital
* Ages? Do children apply?

**How many sessions with a psychologist am I entitled to?**

* If eligible, you can receive a partial rebate on up to five psychology sessions (assessment and treatment) per calendar year.
* This is in addition to rebates you may receive if you are also eligible for the Better Access to Mental Health Care scheme (up to 10 sessions), and the Chronic Disease Management scheme (up to 5 sessions).
* If your GP determines that you should see another allied health provider as well as the psychologist, then the rebates will be spread out across the different services for a total of 5 sessions (e.g., you may be able to get a rebate for 3 psychology sessions and 2 speech pathology sessions).

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

Yes. You are responsible for paying any charges in excess of the Medicare rebate for treatment under this initiative. 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.a](http://www.medicareaustralia.gov.au/)u

**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.