



Telehealth Psychology

On 5 August 2018, as part of their drought relief package, the Australian Government announced changes to the Medicare Better Access telehealth items, effective from Saturday 1 September 2018. The Better Access telehealth items remain available for people living in rural and remote areas but as of 1 September 2018, the Government has removed all the face-to-face requirements for these items.

This means that as of 1 September 2018:

- Clients will no longer need to have one of their first four sessions conducted face-to-face, and
- The cap limiting the number of telehealth sessions in a calendar year to seven has been removed. This means eligible clients can access up to ten telehealth sessions in a calendar year.

We are currently accepting referrals for Telehealth sessions

Who will benefit from the new telehealth initiative?

Services under this measure are available to patients with an assessed mental disorder who would benefit from a structured approach to the management of their treatment needs. People who might otherwise have not been able to take up mental health therapy services because of where they live will have access to services from their home location via video conference. This improved access will allow people in need of mental health therapy services to receive treatment promptly, and reduce any potential inconvenience, time and expense of having to travel to larger regional centres or major cities for sessions with their treating allied mental health professional.

What services will be available?

Medicare rebates are available for up to ten individual and ten group mental health therapy services per calendar year (1 January – 31 December) to patients with a Mental Health Treatment Plan who are referred for mental health therapy services. Under the Telehealth measure, eligible allied mental health professionals will be able to deliver by videoconference.

About Lakeside Rooms

Lakeside Rooms is a highly regarded and prominent practice of psychiatrists and psychologists.

Staff and professionals have been working together since 2000 to provide a safe, private and relaxed environment. We aim to address the mental health and wellbeing needs of the community of the Gold Coast and surrounds.

We are a family oriented, accessible practice offering comprehensive services in a friendly environment. Along with training and research, community engagement is a key focus for Lakeside Rooms. It is the home of a network of peers who regularly attend group supervision, offer continuing professional development to extensive networks, and participate in the Mental Health Professionals Network.

Lakeside Rooms works in partnership with the GCPHN, GPGC, Griffith University, the Gold Coast Consumer and Carers Advisory Group. Professionals accept contact from their colleagues, the public, GP Mental Health Care Plans and EPC referrals.