

## **Letter to Private Health Funds requesting rebates for Counselling and Psychotherapy**

Private Health Fund name: \_\_\_\_\_

Private Health Fund Member number: \_\_\_\_\_

Date: \_\_\_\_\_

I am a customer with current health insurance. I am writing to request rebates for counselling and psychotherapy under your Extras/Wellness Cover. If rebates can be made available for counselling and psychotherapy, I would like to be able to claim for these services.

I have chosen to have counselling/psychotherapy because I believe this will improve my mental health and general health and well-being. Large numbers of people in the community also use counselling and psychotherapy services for this reason.

Awareness of mental health and wellbeing is growing in the community but insufficient services are provided under Medicare to meet these health needs. It is very important for people who need counselling or psychotherapy to be able to access these essential ancillary health services and private health insurance rebates would help to make counselling and psychotherapy more accessible.

The counsellor/psychotherapist I have been seeing is listed on the PACFA Register. This means my therapist has been recognised as having the necessary training, qualifications and experience to provide effective counselling/psychotherapy services. My therapist is also listed on the Australian Register for Counselling and Psychotherapy (ARCAP), the national credentialing system for the counselling and psychotherapy profession. Given that my therapist has this level of standing in the profession, I should be able to claim for counselling and psychotherapy services on my private health insurance.

I value being able to choose the therapist who is right for me. Currently the rebates you offer are limited to psychology which is not fair as I wish to see a counsellor/psychotherapist for my therapy. Counsellors and psychotherapists offer valuable ancillary health services, which are proven to be effective for a wide range of psychological issues.

I understand that when you develop new health insurance products you need evidence about the types of health services customers want to be able to access. I request that you include Extras/Wellness Cover for counselling and psychotherapy in your new products. Not only would I be interested in this product, but other people I know would also be interested.

***Please complete letter 2 and return to your therapist for forwarding to PACFA. PACFA will collate all letters to compile statistics for the Private Health Funds.***