

Psychology and counselling services

Medicare rebates

Medicare items for psychological treatment allows affordable mental healthcare for relevant patient groups. While pain management is not a Medicare listed item, many pain patients may qualify under other co-morbid items such as anxiety, depression etc. Patients are encouraged to check with the individual practitioner if a gap fee will be charged.

Under this scheme, all registered psychologists who are endorsed by Medicare Australia can provide treatment for mental health problems. Medicare rebates are also available for consultations with specialist clinical psychologists, who are experts in the assessment and treatment of mental disorders.

For further information download the Medicare consumer [fact sheet](#).

Psychologists with particular interest and skills in pain management can be located on the [Australian Psychological Society website](#). Follow the 'Find a Psychologist' links and tick the 'Pain Management' box.

Enhanced Primary Care Plans

Enhanced Primary Care (EPC) Plans aim to improve access to coordinated care for patients with chronic or complex conditions and can be initiated by a general practitioner. Eligible patients are entitled to six sessions with an allied health professional (per calendar year), with a further six sessions available following review. It must be noted that the twelve sessions must be spread across all of the required disciplines (eg physiotherapy, psychology, dietetics).

Government payments

Most government operated or funded psychological services are free or low cost. For example, your consultation may be covered if you are a victim of crime, or have been injured in the workplace or in a traffic accident. Also the Commonwealth Department of Veterans Affairs (DVA) covers veterans' consultations. For details, contact:

> CTP Insurance Regulator

www.ctp.sa.gov.au

Email: ctp@sa.gov.au

Tel: 1300 303 558

> ReturntoWorkSA

www.rtwsa.com

Email: info@rtwsa.com

Tel: 13 18 55

> Victims of Crime SA

www.voc.sa.gov.au

Email: victimsofcrime@sa.gov.au

Tel: (08) 8204 9635

> Department of Veterans' Affairs

www.dva.gov.au

Email: NLHC@dva.gov.au

Tel: 1800 838 372

Community health centres and local council services also generally charge no or low fees for a psychological consultation.

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Multidisciplinary pain management approaches

Multidisciplinary pain management programs generally combine input from physiotherapists, doctors and psychologists in a group or individual format. Services are available in the private and public settings.

Private practice

Patients with private insurance can access multidisciplinary pain management programs, incorporating psychology services.

Search for local pain management services

www.healthdirect.gov.au

Public hospital

General practitioner referral to the pain management units at the following public hospitals may allow access to psychology services as required:

- > The Queen Elizabeth Hospital
- > Flinders Medical Centre
- > Modbury Hospital