

To Whom it May concern

I was very upset when my psychologist recently told me about the proposed changes to the GP MHCplan. So I am writing to lodge my objection to the proposed reduction to the number of visits to a psychologist under that scheme.

I have a serious and long term mental health condition caused by childhood abuse. It is primarily treated by therapy alone and have been treated under the above mentioned service for several years now as well as concurrent treatment from a psychiatrist. I have made good progress since the introduction of the scheme. Trauma based patients need significantly more therapy than less complex client issues and even with the 18 visits for exceptional circumstances it still only allowed me to see my psychologist every 3 weeks. So how do you think it made me feel when those precious visits are to be reduced to a mere 10 per year. It is very distressing to me that my progress and care will be compromised due to the decision of those with little understanding of sufferers in the community who need such intensive therapy and support.

I urge you to please reconsider this very important and life affecting decision. I do not do therapy as intensely as this for fun. I travel this journey to reclaim my life. I and many others who use this service too, do so because we NEED it not just because we are having therapy as "the worried well". The majority of people who use this service are on a pension, as I am, and really need these rebates to make ends meet.

Thank you for your time