

Dear Senate Inquiry,

I would like to address the following terms of reference for the senate inquiry on the Commonwealth Funding and Administration of Mental Health Services

Term of Reference (b iv):

- Mild to moderate mental illnesses can easily become aggravated and can generate an Oslo incident if not constantly taken care of. The most exposed to these trends are the have nots. Reduce the MBS and be responsible for consequences. But make yourselves legal responsible. I'm writing as a patient diagnosed with mild to moderate mental disease. I am often asking my psychologist for more sessions as I need them as necessary. If the allowed sessions are reduced in number, there will be no possibility for me to cope with some bad events, circumstances in which I need urgent advice, or panic attacks. I wouldn't be able to pay from pocket.

Term of Reference (e i): The two-tiered Medicare rebate system for psychologists

- Connected with the point above, restrict the number of sessions and reducing bulk billing will restrict the majority of sufferers to access these services. At the end of the day, the State will suffer. People like me and my family will already be finished useful citizens for work purposes, Medical Practitioners will forfeit, the economy will be destabilised in various ways, more than one.
- It will be almost impossible for myself to see my psychologist anymore because I wouldn't afford this luxury. You will introduce a society for the Haves. You will cut any possibility for people with mild to moderate illnesses to reintegrate in the society. Disregard this and disregard the potential that exist in this category of people.
- Moreover, not any psychologists can deliver. I can tell you from my sad experience that I had to shop around too much to find the one that is presently helping me. There is a HUGE difference between a psychologist and a Clinical Psychologist. The first one couldn't help me at all, while my Doctor in Psychology is the one I can talk to, even if I pay a few extra bucks after rebate. But I wouldn't be able to pay more, as for the new law. I still need my psychologist, a lower level one wouldn't do the same job, I CAN TELL, I tried, you haven't.

Please, Senate Inquiry, don't take away my chance to get well!

With all due respect,

Yours faithfully,