

The cutting back of funding to mental health psychologist's consultations from 20 to 10 is a decision that affects far more than only the client in question. As a psychologist, I see patients everyday who suffer from chronic symptoms of depression, crippling anxiety and social phobia, post traumatic stress disorder from traumas and events in their pasts, sleeping and eating problems and people who have overall low to zero functioning. How do these issues receive a chance of being resolved if funding is cut back to only ten sessions? Generally these patients are unable to work due to their mental obstacles and so are unable to afford the rest of the sessions required for full recovery. How are we as a country who embraces positive mental health supposed to de-stigmatise the area and encourage those with troubles to seek help? It is clear that this cutting back also represents a cutting back in support by the government. It is truly a disappointing decision if it goes ahead, and one that many up and coming students of psychology would be saddened by as they enter the workforce.