

I have been seeing a clinical Psychologist for three years now. I have chronic depression and generalised social anxiety disorder. Though I am still suffering from these ailments after three years, I have made tremendous progress. I am now able to socialise, much more than when I first sought treatment. I was agoraphobic when I first started treatment. Throughout those years I have also encountered many hurdles, which I was unable to overcome without aid from my Psychologist. I would not be in the position I am in, if it were not for the treatment I have received. I am a full time student, finishing my undergraduate in Psychology, without the help of my Psychologist I would not be making such progress in my studies and my social life. My depression and anxiety would be much more debilitating than they are now if not for the treatment I received and still receive. Although I have made great progress, I still need treatment to overcome stressors in my life and to improve on my conditions. If I didn't have the rebate, for 18 sessions a year, I would not have been able to access this treatment that has been so beneficial. Furthermore if the amount of the rebate drops, I will not be able to see my Psychologist and I fear that, without such aid things may get the better of me and I might relapse and I won't have the assistance of my Psychologist to help me pull through, and rather than continuing to progress I may find myself back where I was three years ago. I am sure that there are many people, like myself who can't access suitable help, without the aid of the Medicare rebate, and if the rebate is dropped to 10 sessions people may not get enough help- I know that 18 sessions a year have been vital to me and I could have done with more rather than less. I hope you will take my case into consideration.

Regards,