

From Margaret Wilkes Counselling Psychologist (...)

As a Counselling Psychologist with 35 years experience I am able to comment on the need for clients to access psychological services as readily as possible. The Better Access program has been researched by the Australian Psychological Society and found to be well used and very necessary as well as cost effective . It is therefore a false economy to reduce the number of sessions available from 18 to 10. In my experience the Better Access program is effective and reduces the likelihood that clients will go on to develop more serious mental health problems which would require more costly treatment (and be unaffordable for many patients)

In general Mental Health services in Australia have been and continue to be chronically underfunded. Please do not take this backwards step when we are starting to make some progress in meeting the needs of clients.I look forward to receiving your response to this submission.

Thank you

Margaret Wilkes MA Counselling Psychology MAPS