

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 (biv): The impact of changes to the number of allied mental health treatment services for patients with mild or moderate mental illness under the Medicare Benefits Schedule.

For someone like myself who is diagnosed with Generalised Anxiety, I feel I would struggle more so knowing that my sessions are limited. I believe my problem would grow and possibly turn into an even bigger problem than it needs to be because I would not be able to get the help I need.

If someone has cancer we pray that we find this out in the early stages before it spreads and becomes more much more serious and fatal. This is exactly the same thing for people with mild or moderate mental illnesses. If these problems are not dealt with in the early stages it can lead to serious mental illness, and in some cases suicide. We should be trying to reduce suicide in our modern day society. Nip it in the bud before it's too late.

Term of Reference (e i): The two-tiered Medicare rebate system for psychologists. Having to pay more for limited sessions for needing mental help, to me that doesn't add up.

Basically we need to push forward the needs of people with mild or moderate mental illness by making sure help is available and affordable, otherwise this is swept under the carpet and later on creating more problems as I mentioned previously.

Kind Regards