

Does an Optometrist test only  
one of your eyes?

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ACCESSBEING  
HALVEDFROM18  
SESSIONSDOWNTOJUST10  
SESSIONSOFPSYCHOLOGICALSERVICES

Why should your therapist only treat half  
of your depression or anxiety?

**The fingerprint:** The Government is planning to restrict access to psychological services down to a maximum of 10 sessions for common mental health disorders, like depression and anxiety, in the 'Better Access to Mental Health Care' program. Previously you could get up to 18 sessions. Every researched form of psychotherapy assumes at least 12 or more sessions of psychological treatment to make a lasting difference.

Insist on getting full treatment under Medicare. Sign our petition at [www.tinyurl.com/gopetition12](http://www.tinyurl.com/gopetition12)