

## **MEDIA STATEMENT**

1 May 2024

### **Deep investment in mental health needed**

Peak psychology group The Australian Association of Psychologists said the Lifeline figures from the weekend paint an accurate yet bleak picture of the mental health crisis impacting Australia.

Executive Director Tegan Carrison said:

"It is time for the Federal Government to invest deeply in the mental health of our country.

"The ongoing discussion about gendered violence and the deaths of women occurring weekly are likely going to bring up much distress for those who have lived through something similar, or are going through it right now. Trauma is not "healed" within 10 arbitrary sessions, and we urge the government to reinstate the additional 10 sessions per calendar year for victims/survivors.

"We have clients telling us that they have to choose between therapy and paying rent, or space out their sessions to inadequate levels of care. A rebate of \$150 per psychology session is a small ask that would make a big difference.

"This upcoming budget is an opportunity to put mental health on equal footing to physical health and make mental health care more affordable and accessible."

### **About AAPi**

*AAPi is a not-for-profit peak body for psychologists that aims to preserve the rich diversity of psychological practice in Australia. Formed in 2010 by a group of passionate grassroots psychologists, AAPi's primary goal is to address inequality in the profession and represent all psychologists and their clients equally to government and funding bodies. Its primary mission is to lobby for equitable access for the Australian public to professional psychological services such as Medicare Better Access Scheme and the National Disability Insurance Scheme.*

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