



HEALTHIER, LONGER,
BETTER LIVES

MY PSYCHOLOGIST

Our commitment to you and your loved ones



Being the best version of yourself isn't always easy. At times we face challenges that create uncertainty, where the inner voice lets self-doubt creep in.

It's important to remember, you're not alone. Whether you're well, unwell or recovering, our commitment to you and your loved ones remains.

At AIA we understand the importance of timely mental health support, which is why we've partnered with Online Psychologists Australia, to bring you, **My Psychologist**.

The unprecedented demand for qualified psychological services has surpassed available resources, leaving Australians without the mental health support they need, when they need it. Often, wait times are between 3-6 months, but with My Psychologist you can get started much sooner.

Why choose My Psychologist?

We believe in empowering you and your family to take charge of your mental health.

With virtual access to caring psychologists, you can benefit from:

- Quick access— see a certified psychologist within 7 days.
- Supported by Medicare - pay an out of pocket fee of \$60 per session¹ for 10 sessions with a Mental Health Care Plan.
- Available to you and your family members, 13 years or older - because everyone's mental health is important.

Did you know?

Did you know that 1 in 5 Australians aged 16 – 85 experience a mental illness in any year²?

Not sure if you need to see a psychologist?

Everyone experiences life differently. With My Psychologist, a skilled psychologist will work with you to achieve your goals by tailoring their approach, using therapies proven by research to be effective in achieving wellbeing.

You may be experiencing symptoms such as, but not limited to:

- A change in sleep patterns
- Mood changes
- Substance abuse
- Fatigue
- Relationship problems
- Anxiety
- Depression



Journey to a better you, today

Getting the help you need with My Psychologist is easy.

1. Visit onlinepsychologist.com.au/aia and select Book Online to choose from one of the many psychologists available.
2. Select Book an appointment and then **My Psychologist Session – AIA Access Code Required**
3. Select your preferred date, time, personal details and the AIA Access Code – **AIA Retail** - to ensure your session is discounted.
4. Meet your warm and caring psychologist online for the first appointment.

My Psychologist is powered by Online Psychologists Australia and delivered by HealthBright Registered General and Clinical Psychologists across Australia.

CASE STUDY

“Here I was thinking I was fine”

It was really easy and straightforward. (They) organised a GP telehealth bulk billed appointment to sort out the Mental Health Care Plan. (I) had my first appointment and I feel like it has already helped. She (psychologist) actually specialises in trauma, which we've determined I have a bit of PTSD - and here I was thinking I was fine, and I'm actually not. So at least now I'm on the right track to get my mental health sorted. As it turns out I didn't know I needed something until I did it.

Reference

1. 10 sessions with a Mental Health Care Plan
2. www.aihw.gov.au/mental-health/overview/prevalence-and-impact-of-mental-illness

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