

AIA EMBRACE

# My Psychologist

Our commitment to you and your loved ones

January 2026



With 1 in 5 Australians experiencing mental illness in any year<sup>1</sup> the unprecedented demand for qualified psychological services has surpassed available supply, leaving many Australians without the mental health support they need, when they need it.

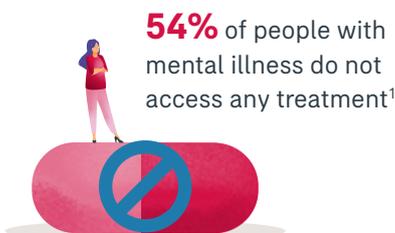
## About My Psychologist

At AIA we recognise the significant impact that seeking the right treatment at the earliest opportunity can have on an individual's overall health. That is why we're providing our customers, and their families (aged 13 years or older) with access to an experienced psychologist within **7 days**, with a \$60\* discount off the standard pricing for psychological services through our partnership with **Online Psychologists Australia**.

My Psychologist caters to all mental health needs, and each session is led by an experienced general or clinical psychologist.

## The challenge we face

Mental wellbeing can impact more than the mind. Studies have shown that individuals with poor mental health are twice as likely to experience financial challenges than those who report strong mental wellbeing<sup>2</sup>.



## Did you know?

In 2023, Mental Health was our second most claimed condition<sup>5</sup>.



## CASE STUDY

### “Here I was thinking I was fine”

It was really easy and straightforward. (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.

## A part of AIA Embrace

AIA Embrace is our holistic wellbeing ecosystem – built to help you live a healthier, longer, better life. From everyday health tools to expert guidance and personalised support, AIA Embrace connects you to programs and partnerships that make living well simpler and more accessible.

We've been leading the market in the wellbeing space by offering comprehensive wellness programs and partnerships for over a decade. Driven by evidence, research, data analytics, and behavioural science, our shared value solutions are developed in collaboration with our partners. Together, we address societal health problems which can lead to chronic mental and physical health conditions.



## Want to find out more?

AIA customers can contact their financial adviser or AIA superannuation fund partner for more details.

\* Each session will receive a \$60 discount off the standard rate for services provided by the My Psychologist service.

1. Blackdog Institute [https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/1-facts\\_figures.pdf](https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/1-facts_figures.pdf)
2. <https://asic.gov.au/about-asic/news-centre/news-items/asic-commissioned-research-confirms-relationship-between-money-and-mental-health/>
3. [1 in 3 psychologists are unable to see new clients, but Australians need help more than ever | APS \(psychology.org.au\)](https://www.psychology.org.au/news/1-in-3-psychologists-are-unable-to-see-new-clients-but-australians-need-help-more-than-ever)
4. <https://www.abs.gov.au/media-centre/media-releases/more-people-putting-seeing-health-professionals-due-cost>
5. 2023 AIA Claims data

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