



HEALTHIER, LONGER,  
BETTER LIVES

# MY PSYCHOLOGIST

Support your members and their mental wellbeing



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.

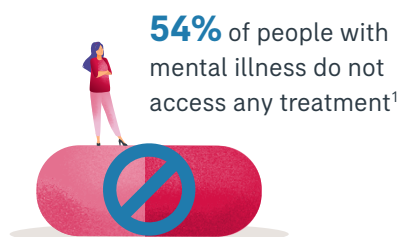
## About My Psychologist

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 your members, 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. Members gain access to the service at a reduced fee through Medicare.

## 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>.



**1 in 3** psychologists are unable to see new patients and 3 in 4 have waitlists<sup>3</sup>



The current wait time to see a psychologist, on average, is **3-6 months**<sup>3</sup>



**1 in 5** Australians said cost was a reason for delaying or not seeing a health professional for their mental health when needed<sup>4</sup>.

## Did you know?

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

## How to Access My Psychologist

My Psychologist is available to all your members, and their families. To speak with a psychologist today they can visit [onlinepsychologist.com.au/aia](https://onlinepsychologist.com.au/aia).

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

Seeing a psychologist is easy.

1. Visit [onlinepsychologist.com.au/aia](https://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 the preferred date, time, personal details and the AIA Access Code – **AIA Group** - to ensure your session is discounted.
4. Meet your warm and caring psychologist online for the first appointment.

### 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.

## A part of AIA Embrace

AIA Embrace is our award-winning, holistic wellbeing ecosystem of world-class programs and partnerships designed to support everyday health and wellbeing at every stage of life's journey.

We've been leading the market in the wellbeing space by offering comprehensive wellness programs 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.

By adding My Psychologist to AIA Embrace, we're continuing to add further support for clients. These partnerships and programs provide education and access to early treatment to prevent Australians from becoming chronically unwell and empower us to do more than just protect our members when things go wrong.



## Want to find out more?

Contact your AIA Client Development Manager for more information on My Psychologist.

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

### Reference

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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