



What is Pregnancy Support Counselling?

If you are pregnant, or have been pregnant in the last twelve months, and are experiencing personal concerns or issues relating to your pregnancy, you are able to access up to three Pregnancy Support Counselling sessions under Medicare Item 81000.

Psychologists are required to have specific training to be able to offer this type of therapy. Like any therapy, Pregnancy Support Counselling is non-judgemental. Your psychologist will not tell you what to do, but explore with you what is right for you, in your situation, and help to equip you with resources and information about your options and other services you may be able to access.

Women may seek Pregnancy Support Counselling for a large range of issues. For example, they may...

- Need to talk through options in the event of an unplanned pregnancy
- Have concerns about their desire and/or ability to be a parent
- Have concerns about their current circumstances, such as life stage, career (and impact that a baby would have on it), or support networks
- Have concerns about their personal relationships, for example, their relationship with the father of the child
- Be experiencing many different emotions about their pregnancy, such as depression, anxiety, guilt, or anger
- Be grieving a termination, miscarriage, stillbirth, or the death of their baby through SIDS
- Be grieving the end of their “old life” and plans

Over the course of the sessions, your psychologist will provide emotional and psychological support, tailoring the sessions to your needs, and may link you in with other relevant services if required.

To access Pregnancy Support Counselling, you will need a signed and dated letter from your GP. Medicare doesn't cover the full cost of the therapy session(s), but it provides a rebate which covers part of the cost.

If you want/need to, you can continue working with the psychologist after the three sessions have been completed. Depending on the issues you are experiencing, you may be able to get a Mental Health Care Plan, which will provide Medicare rebates for up to 10 further sessions (per calendar year).

At Phoenix Place, Alexandra is qualified to provide Pregnancy Support Counselling. If you think this sounds like something that would be helpful for you, get in touch with us to learn more, or to make an appointment.