

T1D Psychology Service

FREE & LOW
COST
OPTIONS*

Living with type 1 diabetes can be challenging, and it's normal to feel overwhelmed at times. Whether you're experiencing diabetes distress, burnout, anxiety, depression or finding it difficult to adjust after a diagnosis, you don't have to manage it alone.

We offer a range of free and highly subsidised appointments for eligible* individuals and parents living with type 1 diabetes, thanks to Medicare rebates and funding from the WA Department of Health.

Free or subsidised Psychology access for eligible* individuals:

- 2 fully funded initial sessions for people experiencing acute diabetes distress
- 4 fully funded sessions with a Medicare Mental Health Treatment Plan (MHTP)
- 6-10 subsidised sessions with a Medicare Mental Health Treatment Plan (MHTP)
- Additional 2 fully funded sessions for vulnerable individuals with more complex needs

The Type 1 Diabetes Family Centre's Psychology Services provide specialised mental health support for people living with type 1 diabetes and their families. Our experienced psychologists understand the unique emotional and practical challenges of living with T1D. They use evidence-based approaches tailored to your individual needs, helping you build confidence, resilience and strategies to support your wellbeing.

Available in person or via telehealth.

SELF-REFERRALS WELCOME

clinic@type1familycentre.org.au

Ph: 08 9446 6446

www.type1familycentre.org.au



***Eligibility for initial fully funded appointments:**

- People who are recently diagnosed (within 18 months), including parents of a child with T1D
OR
- Individuals aged 17-30

***Eligibility for additional subsidised appointments:**

- as above AND has a GP Mental Health Treatment Plan

****Privately-billed psychology also available** for all T1D clients and families, including nationally via telehealth