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Private hospitals caring for Australians with mental illness

Australian private hospitals care for more than 37,500 Australians with mental health conditions every year, showing the value of maintaining mandatory cover for mental health in private health insurance.

Australian Private Hospitals Association (APHA) CEO Mr Michael Roff encouraged Australians to make sure they have access to private care by checking their private health insurance cover this World Mental Health Day.

“We know that accessing mental health care through the public system is very difficult unless you are in crisis. This is where the private system comes into its own, helping people who need care to avoid crisis.

“Many health insurance policies contain restrictions or limitations to access mental health services, and people often don’t realise this until they need to use their cover,” Mr Roff said.

Mr Roff encouraged all Australians to check their cover provided reassurance for themselves and their children.

“One in five Australians will experience mental illness this year, so ensuring access to care when you need it is essential. But it’s not just essential for Mum and Dad to be covered – mental health issues often surface during teenage years so it’s important that the whole family has adequate health care cover.

“Private hospitals care for patients with post-traumatic stress disorder, eating disorders, addictions, anxiety and depression. They provide the whole spectrum of care and Australians should be supported to access this care through their private health insurance.

“Australians understand that the private health system takes enormous pressure off the public system, from elective surgery waiting lists through to mental health care. Making sure you have cover is important, being comfortable talking about mental health is also vital to ensuring those who are unwell seek help.

“Depression is the leading cause of disability worldwide, which is why the World Health Organization have focused a year-long global campaign on depression to help people talk about depression and to seek help.

“Starting the conversation is the first step, you don’t need to know all the answers just simply showing you are willing to talk and listen is important.

“The more we keep talking about mental health, be it depression, post-traumatic stress disorder or eating disorders, the more the stigma starts to break down,” said Mr Roff.

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