

FREE GUIDE

ADHD and autism assessments

How an assessment works, what it costs and how to prepare.
By telehealth, Australia-wide.

The short answer

MeHelp psychologists offer **ADHD, autism, combined and cognitive assessments** by telehealth, Australia-wide. Each includes a 50-minute initial consultation, the assessment sessions, a **written report** and a **feedback session**. Fees are fixed, from **\$900** (cognitive) to **\$3,600** (combined). Assessment sessions aren't covered by Medicare, but the initial consultation and feedback session can be rebated with a Mental Health Treatment Plan.

\$1,750

ADHD assessment, including report and feedback

10 days

report within 10 business days of your final session

WHAT YOU'LL FIND IN THIS GUIDE

- The four assessments MeHelp offers, and what each costs
- What happens at each step, from first call to feedback
- What Medicare does and doesn't cover
- Paying upfront or as you go
- How to prepare, and what to bring
- Support from a psychologist before and after your assessment



Free guide · mehelp.com.au/resources

Reviewed by **Phillipa Brown**, registered psychologist and founder of MeHelp. Information current at October 2026. General information only, not individual advice.

OUR ASSESSMENTS

Fees, upfront

All assessments are by phone or video with an Ahpra-registered psychologist. Each fee includes the initial consultation, the assessment sessions, a written report and a feedback session.

ASSESSMENT	WHAT IT LOOKS AT	TOTAL FEE
ADHD	Attention, focus, organisation and executive function, using standardised rating scales and a clinical interview.	\$1,750
Autism	Social communication, sensory experiences and developmental history, using a structured autism assessment and interview.	\$2,100
Combined ADHD and autism	Both pathways together, in two 90-minute sessions or one 3-hour session.	\$3,600
Cognitive	Thinking skills such as verbal reasoning, working memory and processing speed, using a standardised cognitive test.	\$900

No surprises: the \$250 initial consultation is part of the total fee, not an extra. You can pay the rest upfront or session by session, at the same price.

What Medicare covers

CAN BE REBATED

Initial consultation and feedback

With a valid Mental Health Treatment Plan and referral, these sessions can attract a Medicare rebate. We process it for you.

NOT REBATED

Assessment sessions

Medicare doesn't cover diagnostic testing for adults. Some private health extras policies may contribute, so check with your fund.

How it works

1

Get in touch

Call 1300 323 411 or email assessments@mehelp.com.au. We reply within one business day and send you this guide.

2

Initial consultation

A 50-minute session with your psychologist to talk through your concerns and confirm the right assessment for you. \$250, paid when you book.

3

Assessment sessions

Booked at times that suit you, usually within 3 business days of confirming. The number of sessions depends on the assessment.

4

Your written report

Within 10 business days of your final session (12 for a combined assessment). Written in clear language, with practical recommendations.

5

Feedback session

Your psychologist walks you through the report, answers your questions and talks about next steps. Included in the fee.

Have these ready

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| ☐ School reports, if you can find them | ☐ Notes on challenges at work, study and home |
| ☐ Any previous assessments or reports | ☐ Contact for someone who knew you as a child |
| ☐ A quiet, private space for video sessions | ☐ Your Mental Health Treatment Plan, if you have one |

Support that continues

A report is a starting point. Many people find it helpful to keep working with a psychologist afterwards.

UNDERSTANDING

Make sense of it

Talk through what the results mean for you, your relationships and your work.

STRATEGIES

Practical tools

Support with focus, organisation, routines, emotions and wellbeing.

MEDICARE

Ongoing sessions

With a Mental Health Treatment Plan, therapy sessions can be bulk billed at MeHelp.

QUESTIONS YOU MIGHT ASK

"Which assessment suits my situation? How many sessions will it take? Can I share my report with my GP, school or workplace? What support is available afterwards?"

You don't need a diagnosis to get support: a MeHelp psychologist can help with strategies for focus, organisation and wellbeing while you wait, or if you decide an assessment isn't for you right now.

What people ask us

How much does an ADHD assessment cost at MeHelp?

\$1,750 in total. That includes the initial consultation, the assessment sessions, a written report and a feedback session. An autism assessment is \$2,100, a combined assessment is \$3,600 and a cognitive assessment is \$900.

Does Medicare cover an adult ADHD assessment?

Medicare doesn't cover the assessment sessions themselves. With a valid Mental Health Treatment Plan, your initial consultation and feedback session can attract a Medicare rebate, which we process for you.

Can I do an ADHD or autism assessment online?

Yes. All MeHelp assessments are by phone or video, so you can complete them from home, anywhere in Australia.

How long until I get my report?

Usually within 10 business days of your final session, or 12 business days for a combined assessment. Your feedback session is booked within 2 weeks of the report.

Do I need a referral?

No. You can contact us directly. If you'd like to claim a Medicare rebate on the initial consultation and feedback session, you'll need a Mental Health Treatment Plan and referral from your GP.

Before you book

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|---|---|
| ☐ I know which assessment I'm interested in, or I'll ask | ☐ I have a Mental Health Treatment Plan (optional) |
| ☐ I've checked my private health extras | ☐ I've found any school or past reports |
| ☐ I've chosen to pay upfront or as I go | ☐ I have a private space for video sessions |



Ready to book an assessment?

Start with a 50-minute initial consultation with a MeHelp psychologist, by phone or video, anywhere in Australia. Email assessments@mehelp.com.au or call 1300 323 411.

[Book an assessment at mehelp.com.au/assessments](https://mehelp.com.au/assessments)

1300 323 411 · info@mehelp.com.au

MeHelp is not a crisis service. If you or someone else is in danger, call 000. For 24-hour support, call Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636. Under 25: Kids Helpline 1800 55 1800.

This guide is general information about the Australian health system. It isn't individual medical, legal or financial advice, and it doesn't replace an assessment by your GP or a psychologist. Government rules and fees change. Figures are current at October 2026; check health.gov.au, servicesaustralia.gov.au or your insurer for the latest. All MeHelp psychologists are registered with Ahpra.