



INFORMATION SHEET

NDIS, DVA and other funding options

Psychology through the NDIS, DVA, transport accident schemes and victims of crime support.

The short answer

Depending on your situation, psychology may be funded by the **NDIS** (through your plan's capacity building budget), **DVA** (free mental health treatment for anyone with at least one day of continuous full-time ADF service), a **transport accident scheme** such as the TAC, or a **state victims of crime** scheme. These don't use your Medicare sessions, and **MeHelp works with all of them.**

1 day

of full-time ADF service can be enough for DVA mental health care

\$252.99

NDIS hourly price limit for psychology from July 2026

WHAT YOU'LL FIND IN THIS GUIDE

- Using your NDIS plan for psychology
- DVA mental health care for veterans, billed directly
- Transport accident schemes such as the TAC and CTP
- Victims of crime counselling in NSW and Victoria
- What each scheme needs from you
- How these schemes sit alongside Medicare



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

Where funding can come from

NDIS

Disability support

Psychology can be funded from **Capacity Building: Improved Daily Living**. MeHelp works with self-managed and plan-managed participants. The price limit from 1 July 2026 is \$252.99 an hour.

DVA

Veterans' mental health care

Free treatment for any mental health condition for anyone with at least one day of continuous full-time ADF service. MeHelp bills DVA directly for Gold and White Card holders, so there's nothing to pay.

TRANSPORT ACCIDENTS

TAC psychology

In Victoria, the TAC can fund up to 6 psychology sessions in the first 90 days with a doctor's referral. MeHelp provides TAC psychology by phone or video.

VICTIMS OF CRIME

Reports and counselling

State schemes can fund counselling. MeHelp psychologists also prepare independent reports for criminal injuries compensation claims.

Victims of crime

STATE	SCHEME	COUNSELLING
NSW	Victims Support Scheme	Up to 22 hours of counselling, with more possible. No time limit to apply for counselling.
Victoria	Financial Assistance Scheme	Up to 10 interim counselling sessions from July 2026. The crime must be reported to police.
Other states	State victims schemes	Call us on 1300 323 411 and we'll explain what applies where you live.

What each scheme needs

SCHEME	WHAT YOU'LL USUALLY NEED
NDIS	Your NDIS number, plan dates, how your plan is managed, and your plan manager's details.
DVA	A Veteran Card (White or Gold). You can apply for a White Card for mental health care through DVA.
TAC or CTP	Your claim number, a doctor's referral and the insurer's approval.
Victims of crime	Your scheme's approval or reference number.

These don't use Medicare: sessions funded by these schemes are separate from your 10 Medicare sessions. If you have more than one option, we can help you work out which to use first.

MeHelp works with: the NDIS (self-managed and plan-managed), DVA Gold and White Card holders, the TAC, every state and territory WorkCover scheme, and criminal injuries compensation claims. Call 1300 323 411 to check your funding.

What people ask us

Can I use NDIS funding if my plan is agency-managed?

Only with NDIS-registered providers. MeHelp works with self-managed and plan-managed participants.

Do I need to prove my mental health condition is caused by service to use DVA?

No. Non-liability health care covers treatment for any mental health condition for eligible veterans.

Does MeHelp bill DVA directly?

Yes. For Gold and White Card holders, MeHelp bills DVA directly, so there's no cost to you.

Can I use a scheme and Medicare at the same time?

You can have both, but each session is funded by one source. Using a scheme keeps your Medicare sessions free for later.



Prefer to talk it through with a psychologist?

MeHelp is an Australian online psychology practice. Sessions are by phone or video, Australia-wide, and can be bulk billed with a valid Mental Health Treatment Plan and referral. We also accept NDIS, WorkCover, DVA, EAP and private health funding.

NDIS psychology at MeHelp at mehelp.com.au/ndis

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.