

GUIDE FOR PARENTS

Teens and therapy

Consent, confidentiality and Medicare for young people, and how to support your teen.

The short answer

Young people can use Medicare-rebated psychology with a Mental Health Treatment Plan and referral, just like adults. From around **14**, a young person may be able to consent to their own care if they understand it, and at **15** they can get their **own Medicare card**. Psychologists balance a teen's privacy with keeping parents informed about safety. MeHelp sessions are by phone or video, which many young people find easier.

15

age a young person can get their own Medicare card

\$0

with a Mental Health Treatment Plan and referral at MeHelp

WHAT YOU'LL FIND IN THIS GUIDE

- When teens can consent to their own care
- What parents are and aren't told
- Medicare, plans and their own Medicare card
- How to start the conversation with your teen
- How to get started with MeHelp
- Signs it may be time to seek help



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.

Who decides

The law recognises that young people gain the right to make their own health decisions as they mature.

UNDER ABOUT 14

Parents usually involved

A parent or guardian usually consents to treatment and is involved in sessions and planning.

FROM ABOUT 14

Mature minor

A young person who understands their care may be able to consent themselves. Their psychologist assesses this.

What parents are told

Psychologists aim to keep what a teen says private, because trust is central to therapy. They'll usually agree with the family at the start what will be shared, such as general progress. If there's a serious risk to the young person's safety, parents or others will be told.

Medicare at 15: a young person aged 15 or older can apply for their own Medicare card. This can help them access care more privately.

Starting the conversation

- Choose a low-pressure moment, like a drive or a walk
- Say what you've noticed, without judgement
- Listen more than you talk
- Offer options rather than insisting on one
- Let them have a say in who they see and how (phone, video or in person)

SOMETHING YOU COULD SAY

"I've noticed things seem harder lately. I'm not upset, I just want you to have someone to talk to. Would you be open to trying a session?"

Getting started with MeHelp

1

See your GP together

Ask for a Mental Health Treatment Plan and referral. The same Medicare rules apply as for adults.

2

Send it to MeHelp

We confirm the same day and match your teen with a psychologist who works with young people.

3

Agree how it will work

At the first session, you'll agree what's shared with parents. Sessions are by phone or video, bulk billed with a valid plan.

What people ask us

Can my teenager see a psychologist without my consent?

From about 14, a young person who understands their care may be able to consent themselves. Psychologists assess this case by case.

Will the psychologist tell me what my teen says?

Usually not in detail. You'll typically agree at the start what's shared, and you'll be told if there's a serious safety concern.

Can teenagers use a Mental Health Treatment Plan?

Yes. The same Better Access rules apply, with up to 10 rebated sessions a year.

What's the youngest age for online therapy?

It depends on the psychologist and the young person. Many psychologists see teens online. Younger children often do better with a parent involved.



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.

Mental health and teenagers at mehelp.com.au/insights/mental-health-teenagers

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.