NDIS Psychology & Counselling in Sydney | Bloom Healthcare

Canonical: https://bloom-healthcare.com.au/services/sydney-psychology-counselling/

Details:

Two questions decide almost everything about getting psychology in Sydney: who is paying , and where the session happens . Get the funding pathway wrong and you can wait months for support that was never going to cover what you needed. Assume you have to travel to a clinic and you may not go at all.

Bloom Healthcare's psychology and counselling in Sydney is primarily delivered in your home and in the community , with telehealth available and clinic appointments on a case-by-case basis. Funding can come through the NDIS, Medicare's Better Access initiative, or other referral streams. This page sorts out which is which, where Bloom covers across Sydney and NSW, and what to do next. To book, call 1300 771 465 .

For the full detail of what each therapy involves, see the main Psychology and Counselling page. This page is about access and funding in NSW.

Where Bloom covers in Sydney and NSW

Across Greater Sydney:

Sydney CBD

Parramatta

Liverpool

Campbelltown

Penrith

Hornsby

Northern Beaches

And elsewhere in New South Wales:

Wollongong

Newcastle

Central Coast

Byron Bay and Tweed Heads

More detail is on the New South Wales locations page , the Sydney page , and the full location guide . If your suburb is not named, call with your postcode. Coverage extends around each area and it changes as the team grows.

Wait times. Bloom's stated position is low to no wait times depending on your location and the service you need. Ask what the current wait is for psychology in your part of Sydney when you enquire.

NDIS or Medicare? The distinction that matters

This is the single most useful thing to understand before you book.

Medicare Better Access is for clinical mental health treatment. The NDIS is for disability-related functional capacity and participation . The NDIS does not replace the health system, and NDIS supports are explicitly excluded from funding the treatment or stabilisation of symptoms. That has to come through the health system.

Medicare Better Access

Better Access gives Medicare rebates for psychological services when you have a clinically diagnosed mental disorder. To use it you need a Mental Health Treatment Plan prepared by a GP, psychiatrist or paediatrician.

Eligible patients can claim a Medicare benefit for up to 10 individual sessions and up to 10 group therapy sessions per calendar year (1 January to 31 December).

Referrals are usually written for up to 6 sessions at a time , then reviewed if more are needed.

From 1 November 2025 , Mental Health Treatment Plan preparation, referrals and reviews are linked to a patient's MyMedicare practice or their usual medical practitioner.

Medicare may cover only part of the cost. There can be an out-of-pocket amount depending on the practitioner's fee. Ask what the gap is before you book.

Better Access is usually the right start when your main goal is symptom relief and stabilisation, you want a time-limited course of treatment with a clear clinical approach, or you have not used Better Access before and want a GP-led plan.

NDIS psychology

NDIS psychology is the better fit when a psychosocial disability affects your daily function and participation over time. Signs it is the right pathway:

daily living tasks regularly break down because of disability-related impacts

participation in work, study or community life is limited and you need capacity building

you need consistent strategies applied in your real environment, not only in the session

For psychology to be funded, it must relate directly to your disability, help you work towards the goals in your plan, and meet the reasonable and necessary test by being linked to functional impact.

Can you use both?

Yes, and many people do, for different purposes. It is common to have clinical treatment through the health system and functional capacity support through the NDIS. The rule is that a single session must not be claimed twice. One funding pathway per service. The NDIS is explicit that medical and clinical care should not stop once you become a participant.

Side by side

	Medicare Better Access	NDIS psychology
Purpose	Clinical treatment of a diagnosed mental disorder	Disability-related function and participation
Entry point	Mental Health Treatment Plan from a GP, psychiatrist or paediatrician	A goal in your NDIS plan and funding in the right category

Session pattern	Assessment and planning, treatment, review after the referral block	Functional and goal-based assessment, practical strategies, skill building, coordination with your team
Limits	Up to 10 individual and 10 group sessions per calendar year	Bounded by your plan funding, not a session count
Excluded	Not designed for long-term disability capacity building	Not for treating or stabilising symptoms

Which NDIS budget pays

Capacity Building - Improved Daily Living is the usual category. It funds:

one-to-one therapy and assessment, including how the disability affects mood, thinking, relationships and daily life

skills training and emotional regulation support

capacity and skill building, including decision-making and communication

functional assessments of how disability affects managing daily tasks

reports for plan reviews

Capacity Building - Improved Relationships may fund psychology instead where behaviour support, social interaction and relationship skills are the primary focus, often alongside positive behaviour support.

Services can be delivered by registered psychologists, provisional psychologists under appropriate supervision, and in some cases counsellors or therapists where they meet registration expectations and the plan allows it.

What your own plan holds depends on your plan. Check it or ask your planner or support coordinator, and ring 1300 771 465 if you are not sure which category your funding sits in.

Write your goals as function, not feelings

This is the practical part that changes outcomes. NDIS psychology goals are strongest when they describe what you want to be able to do:

"Increase independence with daily routines so I can attend appointments and community activities"

"Build capacity to participate in work or study consistently"

"Develop skills to manage my mental health and daily challenges for greater independence and self-advocacy"

Track outcomes that show up in daily life: community outings completed, days you followed a routine without support, attendance at work or school. That evidence is what supports future planning.

Other referral streams in NSW

Bloom's psychology and counselling is not NDIS-only. Other pathways include:

Victims of Crime referrals. Individual intervention and counselling is available to people referred through this pathway, for therapeutic support after a criminal incident.

Workers compensation. Psychology for work-related psychological injury is delivered through workers compensation schemes, including WorkCover in New South Wales, and through the Transport

Accident Commission for people injured in transport accidents in Victoria. This covers conditions arising from workplace incidents, including anxiety, depression, PTSD, adjustment disorders, and pain, anger and stress management.

Private payment , for people who do not qualify for a funded scheme.

If you are not sure which applies, describe your situation on the phone. Bloom works with clients to identify the appropriate pathway rather than making you guess first.

Where sessions happen in Sydney

The primary model is mobile and community-based. Sessions are held in your home and in community settings, which brings the support to where you are most comfortable.

In-home and community sessions are particularly useful for children, people with high anxiety, and people with mobility needs. Home is where the strategies actually have to work, so it is a sensible place to build them.

Telehealth suits people who prefer to stay home or live in regional NSW.

Clinic appointments are available case by case. Ask if that is your preference.

When a home or community visit is requested, travel time may be billed in line with NDIS rules and within the limits set by NDIS Pricing Arrangements. What that means for you belongs in your service agreement. Ask before you sign.

What the first session looks like

The first appointment gathers the information needed and sets an action plan. It generally covers:

Building rapport , which is a clinical part of the work, not small talk

Assessment of strengths, challenges and history

Exploring how the disability affects mood, thinking, relationships and day-to-day life

Identifying what is getting in the way of your goals

Standardised tools or questionnaires may be used to better understand anxiety, mood, behaviour or functional capacity.

Session length and frequency are agreed with you and depend on your goals, progress and funding. There is deliberate flexibility here: shorter, more frequent sessions can suit people who fatigue easily. Settle both during the service agreement stage rather than assuming a standard pattern.

Reports and plan reassessment

A psychologist's report for plan reassessment generally covers:

current presentation and how it affects day-to-day function

progress made during the plan period

ongoing risks or unmet needs

clear recommendations written in NDIS planning language

Keep clinical treatment and capacity building distinct in your notes and planning, reflecting the purpose of each support. That separation is what stops a reassessment turning into an argument about which system should be paying.

Bloom also provides Administrative Review Tribunal reporting and appearances where a decision is being contested.

Psychology, counselling or positive behaviour support?

People in Sydney get these confused constantly, and choosing wrong wastes a plan.

	Psychology	Positive behaviour support
Looks at	Internal experience: mental health, emotional wellbeing, cognition	External behaviour: what triggers it, what it is communicating
Does	Therapeutic conversation, insight, coping strategies, assessment	Behaviour support plans, observation, coaching across settings
Delivered by	Registered psychologists, or provisional psychologists under supervision	NDIS-registered behaviour support practitioners
Aims at	The "why" behind the distress	The "what is happening day to day", and reducing restrictive practices

Counselling is generally delivered as part of psychology services, focused on emotional support and getting through life transitions and challenges.

The two work together well, and many participants need both. Someone with intense outbursts might have a psychologist working on emotions and calming techniques while a behaviour practitioner builds a consistent plan with routines and reinforcement. If you have complex behaviour linked to trauma, anxiety or sensory processing, a new autism or ADHD diagnosis, or a dual diagnosis, ask about both at intake.

How to get started

Call: 1300 771 465

Email: hello@bloom-healthcare.com.au

Online: Book an appointment or make a referral , or contact us

Hours: Monday to Thursday 7:30am to 6:00pm, Friday 7:30am to 5:00pm, Saturday by appointment

Send as much information as you can and a member of the team will contact you within 24 hours. If you are referring as a nominee or guardian on behalf of someone with a disability, be clear about your role and responsibilities to that person.

Have ready: your suburb or postcode and where you want sessions held; how you expect to fund it (NDIS, Medicare Mental Health Treatment Plan, workers compensation, Victims of Crime, private); NDIS number, plan management type and plan dates if applicable; the funding category; relevant history and existing reports; what is hardest day to day; your top three goals; and key contacts and consent details.

If you are in immediate distress or at risk, this page is not the right first step. Contact your GP, go to your nearest emergency department, or call an Australian crisis line such as Lifeline on 13 11 14.

Images on this page

Text descriptions of the images shown, for readers and agents that cannot see them.

Photograph: a parent and child sitting together with a clinician during a counselling session, with the clinician holding a sheet of paper.

Bloom Healthcare logo: a green circular mark combining a crescent, a human figure, leaves and a cupped hand, beside the words "Bloom Healthcare — Services with Passion".

"We ♥ ndis" badge: a purple circle carrying the words "We ndis" with a green heart in place of the word "love".

The remaining images are decorative interface icons — the phone, envelope, clock and accessibility symbols beside the contact details, and the Facebook, Instagram and LinkedIn icons — which repeat information already given in text and carry no additional meaning.

Common questions about psychology and counselling in Sydney

Do I need a GP referral to see a psychologist?

It depends on the pathway. For Medicare Better Access you need a Mental Health Treatment Plan prepared by a GP, psychiatrist or paediatrician. For NDIS-funded psychology you do not need a GP referral in the same way, but the support has to relate to your disability and link to goals in your plan. Private and other referral streams have their own requirements. Call and describe your situation.

How many Medicare-rebated sessions can I get?

Eligible patients can claim a Medicare benefit for up to 10 individual sessions and up to 10 group therapy sessions per calendar year, running 1 January to 31 December. Referrals are usually written for up to 6 sessions at a time and reviewed before more are provided.

Will Medicare cover the whole fee?

Not necessarily. Medicare may cover only part of the cost and there can be an out-of-pocket amount depending on the practitioner's fee. Ask what the gap will be before you book.

Has anything changed with Medicare mental health plans recently?

Yes. From 1 November 2025, preparation, referrals and reviews for Mental Health Treatment Plans are linked to a patient's MyMedicare practice or their usual medical practitioner. Talk to your GP about how that applies to you.

Can I use my NDIS plan to treat my anxiety or depression?

Not as clinical treatment. NDIS supports are explicitly excluded from funding the treatment or stabilisation of symptoms, which belongs to the health system. NDIS psychology funds disability-related capacity building: routines, participation, independence, coping strategies applied in your real settings. Many people run both pathways at once for different purposes, as long as no session is claimed twice.

Which NDIS category should psychology sit in?

Usually Capacity Building - Improved Daily Living. Where the main focus is behaviour support, social interaction and relationship skills, it may sit under Capacity Building - Improved Relationships instead. Check your plan or ask your support coordinator.

Will a psychologist come to my home in Sydney?

Yes. The primary delivery model is mobile and community-based, with sessions held at home and in community settings. Telehealth is available, and clinic appointments can be arranged case by case. In-home sessions are often particularly helpful for children, people with high anxiety and people with mobility needs.

Is travel charged for a home visit?

Travel time may be billed when a home or community visit is requested, in line with NDIS rules and within the limits set by NDIS Pricing Arrangements. The specifics for you are set out in your service agreement, which Bloom provides before sessions start.

How long are sessions, and how often?

Both are agreed with you and depend on your goals, progress and funding. There is deliberate flexibility, including shorter and more frequent sessions for people who fatigue easily. Settle it at the service agreement stage.

Do I need psychology or positive behaviour support?

Psychology if the focus is mental health, emotional wellbeing, processing experiences and building resilience. Positive behaviour support if the focus is understanding and reducing behaviours of concern through practical and environmental strategies, including reducing restrictive practices. Many people need both working together. Ask at intake.

I was injured at work in NSW. Can I get psychology through that?

Psychology for work-related psychological injury is delivered through workers compensation schemes, including WorkCover in New South Wales. Conditions covered include anxiety, depression, PTSD, adjustment disorders and pain, anger and stress management. Mention that it is a work injury claim when you call so the right pathway is set up from the start.

What if I was a victim of crime?

Individual intervention and counselling is available for people referred through the Victims of Crime pathway. Raise it at intake and you will be told what is needed to start.

Can I get an autism or ADHD assessment in Sydney?

Diagnostic and cognitive assessments are among Bloom's psychology services, and assessments can be delivered in the home environment or by telehealth, which helps for people in regional areas. Reports and recommendations are written in a neuro-affirming way, with a feedback session afterwards so results are explained properly to the person and their care team. Ask about current availability and what evidence is needed when you enquire.

What report will I get for my plan reassessment?

A report covering current presentation and functional impact, progress across the plan period, ongoing risks or unmet needs, and recommendations written in NDIS planning language. Tell your psychologist early when your reassessment is due, because report writing takes clinician time that needs to be

allowed for.

What psychology and counselling services does Bloom Healthcare provide in Sydney?

Bloom Healthcare provides NDIS psychology and counselling services in Sydney, including individual intervention and counselling, capacity and skill building, cognitive and diagnostic assessments, Autism Spectrum Disorder (ASD) assessment, and adjustment to disability support.

What funding pathways can be used to access Bloom Healthcare's psychology and counselling services?

Bloom Healthcare's individual intervention and counselling services are available through multiple funding pathways including the NDIS, Medicare, private payment, and Victims of Crime referrals.

What skills does Bloom Healthcare's capacity and skill building service focus on?

Bloom Healthcare's clinicians deliver evidence-based interventions focused on developing essential life skills including emotion regulation, behavioural control, financial and routine management, sleep hygiene, personal hygiene, and relationship building, helping clients achieve greater independence and participation in daily activities.

What age range does Bloom Healthcare's cognitive and diagnostic assessment service cover, and what conditions are assessed?

Bloom Healthcare provides comprehensive cognitive assessments for individuals aged 6–90 years, along with diagnostic evaluations for conditions including Autism Spectrum Disorder (ASD), ADHD, depression, and anxiety, with each assessment including a detailed report and a feedback session with psychoeducation.

How does Bloom Healthcare conduct Autism Spectrum Disorder (ASD) assessments?

Bloom Healthcare specializes in ASD assessment using the Autism Diagnostic Interview-Revised, behavioural observation, and supplementary tools such as the Empathy Quotient. Assessments can be conducted in the client's home or via telehealth, with reports provided in a neuro-affirming manner.

Does Bloom Healthcare integrate other allied health disciplines into its psychology services?

Yes, Bloom Healthcare's multi-disciplinary approach integrates Psychology, Counselling, Occupational Therapy, Speech Pathology, Physiotherapy, and Exercise Physiology to address meaningful physical and psychological goals.

Does Bloom Healthcare offer support for people adjusting to a new disability diagnosis?

Yes, Bloom Healthcare offers adjustment to disability support, helping individuals and families adapt to new disability diagnoses by providing education on specific conditions.

How can I contact Bloom Healthcare?

Bloom Healthcare can be contacted by phone at 1300 771 465 or by email at hello@bloom-healthcare.com.au.

What type of organization is Bloom Healthcare and what is its healthcare philosophy?

Bloom Healthcare is a boutique disability and aged care allied health provider (legal name Bloom Healthcare Pty Ltd) that believes all people have the right to access quality healthcare. Its healthcare model focuses on evidence-based practice and client centricity, delivered by highly qualified health practitioners across Australia.

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