

FOR IMMEDIATE RELEASE

MTM Health Breaks Down Barriers to Mental Health Care with Free, Online Bulk-Billed Individual and Group Sessions Across Australia

MTM Health is redefining how Australians access mental health care by offering no-fee, bulk-billed online sessions for the life of your mental health care plan to eligible individuals anywhere in the country. With over 20 years of experience in the mental health sector, MTM Health understands the challenges Australians face—especially the burdens of cost, waitlists, and geographic isolation. Their mission is simple: make quality, compassionate mental health support universally accessible.

“Wherever you live and whatever your circumstances, we’re here to make support possible—without the hefty price tag,” says the MTM Health team.

Through innovative technology and a personalised approach, MTM Health provides prompt virtual appointments with experienced psychologists—all from the comfort of your own home. Clients are matched quickly with the right mental health professional and supported from their first GP Mental Health Care Plan through to their final session.

Unlike traditional systems full of paperwork and red tape, MTM Health prioritises simplicity, compassion, and care that fits easily into your life.

Why Australians Are Turning to MTM Health

- **No Fuss, No Fee, Just Care.**
- Qualified psychologists with extensive experience
- Prompt triage and appointment matching
- Minimal paperwork so clients can focus on their wellbeing
- Bridging the gap in mental health access across Australia
- A proudly Australian service with deep knowledge of the local healthcare landscape

MTM Health is not just a service—it's a virtual village of care. Whether someone is in crisis or simply needs support, MTM Health is a trusted partner in primary mental health care.

Eligibility Made Easy

To access services, individuals need a diagnosed mental health condition (such as anxiety or depression) and a referral from a GP. Once a Mental Health Care Plan is in place, Australians can access up to 10 individual and 10 group psychology sessions per calendar year—fully bulk-billed with no out-of-pocket cost.

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