

Get Help with Travel Costs

You can claim help with the cost of travel if you have made an extra journey to get to your mental health appointment. You can only claim the cost of travel if you have been referred by a doctor (GP or hospital doctor). Self-referrals do not apply.

You are eligible to re-claim your costs if you have been referred by a doctor AND any of the following apply:

- You are in receipt of or are included in an award of:
 - Income Support (IS)
 - Income-based job Seeker's Allowance (JSA-IB) paid on its own or with contribution based JSA
 - Income-related Employment and Support Allowance (ESA-IR) paid on its own or with contribution-based ESA
 - Pension credit (Guarantee Credit) paid on its own or with Pension Credit (Savings Credit)
 - Universal Credit and you had no earnings or net earnings of £435 or less during the most recent assessment period (£935 if you had a child element or had limited capability for work)
- If you are entitled to, or named on, a valid NHS tax credit exemption certificate (this includes any children and young people included in your award).
- If you are named on a valid HC2 certificate, an NHS low income scheme certificate for full help. * This includes travel by children who depend on you financially.
- If you receive War Pension or Armed Forces compensation Scheme payments and the treatment is for your accepted disability.

Note: contribution-based Employment and Support Allowance or contribution-based Jobseekers Allowance on their own do not entitle you to help with your travel.

To apply for reimbursement of travel costs, please complete the HC5(T) Refund claim form.