

USING A MENTAL HEALTH TREATMENT PLAN

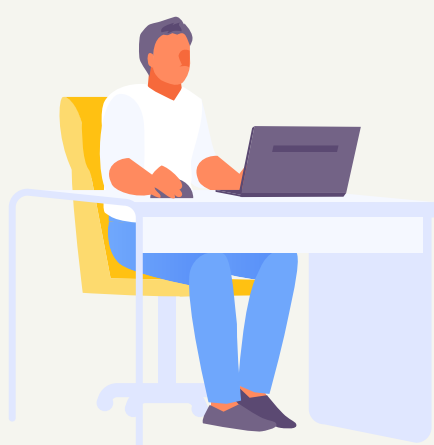


STEP 1 - GO TO YOUR REFERRER (YOUR GP, PSYCHIATRIST OR PAEDIATRICIAN)

Your referrer will assess your mental health and write you a Mental Health Treatment Plan for up to 6 sessions with a Psychologist.

STEP 2 - USE YOUR SESSIONS

You can now give your referral to a Psychologist and attend up to 6 sessions. You will be entitled to a rebate for each session. We can assist with claiming, or you can submit it to Medicare yourself.



STEP 3 - OBTAIN A REVIEW

After the last session on your referral, your Psychologist will write a letter to your referrer. Your referrer will check-in with you and determine whether you require a Mental Health Treatment Plan Review. This entitles you to a small number of additional sessions with your Psychologist. Please note: Reviews can only be issued 3 months after the previous Review.

STEP 4 - OBTAIN AN EXTENSION

The Medicare Better Access to Mental Health Scheme allows you to receive up to 10 sessions per calendar year. Since COVID-19, the government has increased funding for mental health support, so you may also be eligible for an extra 10 sessions per calendar year.



STEP 5

Once you have met your goals it is time to finish up! Your Psychologist will write to your referrer to let them know.

THINGS TO NOTE

We ask that you please wait **at least 1 week** prior to seeing your referrer to allow time for the letter to be received.

If you do not use all sessions on your referral, they can roll over to the following calendar year.

The number of Medicare funded sessions run from January to December. In January each year you can access new sessions if you are still experiencing difficulties with your mental health.

Any additional sessions you may want will have to be funded privately.

This provides an overall guide for using Mental Health Treatment Plans with a Psychologist. However, the process in practice is nuanced and more complex. For any questions, check in with your referrer or the practice, as they will be able to provide the more accurate and up to date information.