

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 4 weeks after an initial plan is completed, and 3 months after a previous review plan.

STEP 4 - USE YOUR SESSIONS

The Medicare Better Access to Mental Health Scheme allows you to receive up to 10 rebated 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 (one calendar year). 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 most accurate and up-to-date information.