

Understanding Your Mental Health Treatment Plan

Your GP has created a Mental Health Treatment Plan to help you access Medicare-supported psychological care. This guide explains how to use your plan and access the support you need.

Understand Medicare Benefits

- 10 individual sessions per calendar year
- 10 group sessions per calendar year
- Sessions reset on January 1st
- Face-to-face and telehealth sessions are available with Medicare Rebates.

Book your Session

- Phone the practice or book online
- Mention your Mental Health Treatment Plan
- Bring your referral to your first session
- Ask about fees and Medicare rebates

Medicare Claims

- Many practices offer immediate claiming. Ask your practice.
- Or you can submit your invoice via Medicare online or Medicare app

Find your Psychologist

- Use your GP's recommendation if provided
- Or search through the Australian Association of Psychologists Inc. (aapi.org.au) for a registered psychologist.

Plan your Review

- After the six-session ask your psychologist to send a review letter to your GP
- Book an appointment with your GP
- Get approval for additional sessions if needed.
- Bring your GP's review letter to your psychologist.

Remember

- There might be some out-of-pocket costs depending on the practice and practitioner. Don't forget to ask.
- Keep track of your sessions to manage your care