

# ACCESSING MENTAL HEALTH SERVICES IN THE COMMUNITY

With the Medicare Better Access Mental Health Treatment Plan

## WHAT IS IT?

A Mental Health Treatment Plan provides a person with access to 10 medicare-subsidised treatment sessions for a mental health disorder from a psychologist, occupational therapist or social worker.

## HOW DO I GET ONE?

Book an appointment with a GP to discuss whether treatment under Better Access is suitable for your needs (a 20 minute appointment is usually necessary to complete a Mental Health Treatment Plan).

## DISCUSS YOUR CONCERNS

Discuss your concerns in your GP appointment. You can ask the GP to recommend a mental health clinician (psychologist, social worker or occupational therapist). Or you can tell them who you would like to see (the type of professional, the clinic and even the name of the professional).

## BOOK YOUR APPOINTMENT

Call up the clinic that you have been referred to and book an appointment! After 6 sessions, your treating clinician will write to the GP to inform them of your progress, and you may need to return to the GP to access a further 4 medicare-subsidised sessions.

For more information, please visit:

<https://www.health.gov.au/our-work/better-access-initiative>