

# Letter for your GP re MHCP (Mental Health Care Plan)

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Is it all a bit overwhelming?  
Talk to someone about it. Let's be Strategic.

Under the Federal Government's Better Access to Mental Health Care initiative, you may be able to access psychological support and counselling.

You might have an idea of who you want to see. If not, have a look at my 'how to find a psychologist' info sheet for some ideas on how to find a 'good' psychologist for you.

When you know the details of the psychologist you want to work with, take their details to your GP, along with this form (if it helps!). Let your GP know that you are interested in seeing a psychologist under a Mental Health Care Plan. They will assess you (ask you what's going on) to determine whether they can refer you to a psychologist under this initiative.

**You should request a longer time with your GP when you book your appointment (ask for a double appointment), to allow them sufficient time to complete the MHCP if it's appropriate.**

Your GP will:

- Complete a Mental Health Care Plan (MHCP) for you if appropriate.
- Submit a claim to Medicare for the Mental Health Care Plan - Item # 2715/2717. **The GP must submit this item to Medicare before psychology service rebates will be made available.**
- Send, fax or email the psychologist with the referral letter, **including the GP provider number and the number of sessions you are referring them for (6 in first instance then 4 thereafter)** - but it is fine if they give you the paperwork to take with you to the psychologist too.
- Ask you to contact the psychologist to make your first appointment.

Once you have a referral letter from the GP, you can arrange your first appointment with the psychologist. With this MHCP, you can see a psychologist for 6 sessions. (If you don't think the psychologist 'get's it' or if they aren't working on the things *you* want to get out of the sessions, it is ok to change psychologists.)

After 6 sessions, go back to your GP to let them know how the sessions are going. If you and your GP decide together that you could benefit from some additional support, your GP can refer you back to the psychologist for another 4 sessions (a maximum of 10 sessions per calendar year).

Congratulations for thinking about employing a new strategy to help you navigate whatever is challenging you at this time.

Good luck – the benefits of talking to a psychologist can be enormous!!