



# MENTAL HEALTH TREATMENT PLAN FACT SHEET



## What is a Mental Health Treatment Plan?

A Mental Health Treatment Plan (previously known as a 'mental health care plan') is a plan for people with a mental health condition. If you have mental health issues, your doctor can write a plan for you.

The plan identifies what type of health care you need and spells out what you and your doctor have agreed you are aiming to achieve. It may also refer you to local mental health services.

## Who is eligible for a Mental Health Treatment Plan?

A Mental Health Treatment Plan is available to you if you have a mental health disorder diagnosed by a doctor.



## How do I get a Mental Health Treatment Plan?

Visit your doctor who will assess whether you have a mental health disorder and will benefit from a Mental Health Treatment Plan.

Your doctor will ask a few questions, fill in the plan and you will set goals together. When you make the booking, we suggest asking if a long appointment — 20 minutes or more — is needed.

Alternately, the assessment procedure employed by Pain Education and Management during the creation of your Pain Management Plan might also lead the assessment team and your GP to recommend the formulation of a Mental Health Treatment Plan. Consequently, your doctor may utilize this information instead of arranging a separate appointment solely to assess your eligibility.

## What does a Mental Health Treatment Plan cover?

If you have a Mental Health Treatment Plan, you will be entitled to Medicare rebates for up to 10 individual psychological appointments and up to 10 group allied mental health services each year. Group therapy does not include family and couples therapy.



This gives you access — subsidised by Medicare — to certain psychologists, occupational therapists and social workers. There may still be a gap payment so it's best to check with your provider to be sure.

You can't get Medicare rebates for all the sessions in one go. After your first 6 appointments, you will need to see your doctor again for a review of your mental health plan.

They can then decide if you need a referral for further sessions.