



# Making an appointment at Strategic Psychology

**Our friendly receptionist will accept appointment bookings by phone, email or in person.**

No referral from a doctor is required unless you wish to claim on Medicare

## **You may be eligible to receive Medicare rebates for your psychological consultations:**

Under the Allied Health Initiative for Better Mental Health Outcomes, you may be able to access specific psychological services and receive a Medicare rebate. This rebate is designed to allow more people within the community to access psychological assistance when in need. The initiative allows persons who are referred by their GP under a Mental Health Care Plan to claim Medicare rebates for attended appointments.

If you feel you have any mental health concerns, such as feeling depressed, anxious, stressed or are experiencing personal difficulties, you may be eligible to receive Medicare rebated psychological consultations under the provision of a Mental Health Care Plan. Below are steps that will help you obtain a Mental Health Care Plan from your GP. Please note your GP will assess your eligibility to receive Medicare rebates under the Allied Health Initiative for Better Mental Health Outcomes.

## **Four easy steps:**

1. Phone your local Medical Practice and ask the receptionist to book in a longer consultation with your doctor as you will be requesting a Mental Health Care Plan assessment (please note a Mental Health Care Plan requires additional time to be completed).
2. Discuss your concerns with your GP and ask him/her to complete a Mental Health Care Plan (if you are eligible) so that you can access psychological services and receive a Medicare rebate.
3. If you are eligible, you should leave the GP appointment with a Mental Health Care Plan at which stage you can call us on (02) 6262 6157 to book in an appointment.
4. Make sure you bring your Mental Health Care Plan to your first appointment.

If you have any further questions relating to obtaining a referral to see one of our trained psychologists, please do not hesitate to contact us.