



Mental Health Care Plan Information Sheet

Medicare benefits are available for a range of psychological services under the Better Access program. Eligible people can receive up to 10 subsidised individual, and 10 subsidised group psychology sessions per calendar year. At Wellness & Co. Counselling & Psychology, you can claim \$93.35 per psychology session from Medicare (not applicable to counselling).

How to obtain a Mental Health Care Plan:

Book an extended appointment with your General Practitioner (GP) to complete a Mental Health Care Plan. Your doctor will assess your care needs and refer you to a registered psychologist. You can ask your doctor to refer you to Wellness & Co. Counselling & Psychology, or to Anna Tiakanas. When you book your appointment with us, email your mental health care plan and referral letter to admin@wellnessandco.com.au. Your GP clinic may be able to email these documents directly to us. After 6 sessions, your psychologist will need to write a brief letter to your GP to share your progress and request additional sessions as needed. You will need to book a session with your GP at this time to review your progress to receive the additional 4 sessions.

How to claim your Medicare rebate:

1

Book, attend, and pay for your session in full.

2

Get your receipt. You will need the provider number and item number on the receipt.

3

Claim your rebate using your [Medicare Account](#) or the Medicare App. Find step-by-step instructions [here](#).