

HOW TO ACCESS A MENTAL HEALTH TREATMENT PLAN (MHTP)

WHAT IS A MENTAL-HEALTH TREATMENT PLAN?

A Mental Health Treatment Plan (MHTP) is prepared by your GP to support you in accessing treatment for your mental health.

With a valid MHTP, you are entitled to:

- Up to **10 individual psychology sessions per calendar year**

Following 6 Medicare-rebated sessions, your clinician will write a progress report, and you will be eligible to obtain a re-referral from your GP for a further 4 Medicare-rebated sessions.

HOW DO I GET A MHTP?

1. Book an appointment with your GP.
 - Ask for a longer consultation. MHTP may take longer to prepare than a normal appointment. Your GP's admin team will be able to advise.
2. Discuss your concerns.
 - Your GP will assess your mental health, talk through your goals, and prepare your MHTP.
3. Request a referral to Siva Psychology.
 - Your GP will either give you the paperwork or send it directly to us.

WHAT WILL TREATMENT COST?

If you qualify for the MHTP you will be eligible to receive a Medicare rebate of **\$98.95**. We will process the Medicare rebate for your convenience, and it will be transferred directly to your bank account registered with Medicare.

- Standard Session Fee: \$250 (50 minutes)
- Medicare Rebate: \$98.95 per session (Psychologist)
- Out-of-pocket cost: Approximately \$151.05 per session

If you would like to start therapy at Siva Psychology, please book your GP appointment first and ask for a Mental Health Treatment Plan and a referral to us.

You can attach the referral to your intake forms or email it to us.