

A Mental Health Treatment Plan entitles a person to a Medicare rebate for up to 10 psychology sessions per calendar year*. A medical doctor** must review the plan periodically.

Initial GP Referral
Your GP prepares a mental health treatment plan and writes a referral letter. This referral can be used with any psychologist. This referral is usually for 6 Psychology Sessions to begin.



6 Psychology Sessions
At your first psychology session, give the referral letter and plan to your psychologist. After each session, they can lodge a claim with Medicare for a rebate, to be paid to you, usually between \$89 - \$131



Updated referral
You must see a GP for an updated referral **after the 6th session** to continue to receive Medicare rebates. This does not need to be the same GP who wrote the initial referral. You will not receive a rebate for any further sessions until the review is completed (you may elect to have sessions without rebate, however).



4 Psychology Sessions
Give the review paperwork from your GP to your psychologist. This usually entitles you to 4 more sessions.



TOTAL Psychology Sessions
You can claim a total of 10 sessions per calendar year. If your plan rolled over from 2022 to 2023, you may need to see your GP for a 2nd review to access up to 10 sessions for the year.

* Calendar year extends from January 1 to December 31
** a referring doctor may be a GP, a psychiatrist, or a paediatrician. We refer to a GP throughout this document, as this is the usual referrer.