



**Mental
Health**

Mental Health

Mental health is about wellness. It can affect a person's confidence, self-esteem and overall satisfaction with life. Mental ill health is common and will impact one in five Australians in any year. Mental health conditions can impact how a person thinks, feels and behaves, as well as their physical health.

Mental Health Support Line - 1800 011 511

What is a GP Mental Health Treatment Plan (GP MHTP)?

A GP MHTP or a mental health care plan is a plan for people with a mental health disorder. Your mental health care plan will have goals agreed by you and your GP and includes:

- **Treatment options** – medication and non-drug therapies (i.e. psychological therapy).
- **Available support services** – community support, psychologists, social workers and other allied mental health workers.

Before a mental health care plan is developed, your GP will make a detailed assessment of your history and symptoms. This is so your GP can understand your situation and provide the best possible care.

Your health information and treatment plan is confidential. GPs cannot share your information unless you agree to it.



Eligibility for rebated services under the Better Access initiative

In 2006, the Commonwealth Government introduced **Better Access to Psychiatrists, Psychologist and General Practitioners through the MBS**. Under this initiative, Medicare rebates are available to help improve the mental health of people with a clinically diagnosed mental illness.

From 9 October 2020 until 30 June 2022, eligible patients with an assessed mental illness can access 10 additional psychological therapy sessions under the [Better Access Initiative](#).

In order to access these sessions, patients will be required to:

- **have a Mental Health Treatment Plan.**
- **have used all of their 10 sessions in a calendar year.**
- **undertake a review of their plan with their GP after the tenth session.**

For example, your GP may initially refer you for six sessions to see a psychologist for your depression. A review of your mental health care plan with your GP is available after your sixth session with the psychologist, after which your GP may recommend another four sessions.

For additional information on the Better Access initiative, including eligibility for rebated mental health services, please visit the [NSW HEALTH](#)