

Mental Health Care Plan and Medicare Rebates

In 2016-2017 more than 1.2 million Australians accessed a mental health treatment plan through their general practitioner (GP). People with cystic fibrosis (CF) and their carers or others with a chronic health condition often experience anxiety and or depression more than twice that of the average population.

You could be eligible initially for up to **six Medicare rebatable sessions** where Medicare will refund part of the cost of your appointment. These sessions can be claimed throughout the calendar year and on January 1st you will once again be eligible for further sessions.

Once you hit the six sessions, you can ask for more if you and your counsellor think you need them. Head back to your GP to discuss your mental health treatment plan. If your assessed as needing more, you can be eligible for up to **ten rebatable sessions in a calendar year**.

The Federal Government recognises that people with a chronic health condition may need more sessions. **The chronic disease management scheme** is available for a **further five** visits per calendar year for all allied health professionals that are specified in your Team Care Arrangements (TCA).

This means that you have a choice to not only see a psychologist or mental health social worker but an allied health professional of your choice e.g. podiatrist, physiotherapist or dietician that is required as part of your chronic health care management.

Costs: Medicare will rebate you \$124.50 for a 50+ minute session (or \$84.80 for 30-50 minutes) with a clinical psychologist on a mental health treatment plan. If the actual cost for a session is greater than this, you'll have to pay the difference.

Useful Resources

- Find a GP close to you or if you would like to find a new one look at the Government's Health Direct website:
<https://www.healthdirect.gov.au/australian-health-services>
- Find a community-based psychologist:
<https://www.psychology.org.au/Find-a-Psychologist>
- Find an accredited mental health social worker:
<https://www.aasw.asn.au/find-a-social-worker/search/>
- Frequently asked questions about the chronic disease management scheme
<https://www.psychology.org.au/for-the-public/Medicare-rebates-psychological-services/FAQ-chronic-disease-management-psych-services>

Cystic Fibrosis WA

The Niche
11 Aberdare Rd
Nedlands WA 6009

Postal Address
PO Box 959
Nedlands 6909

T: +61 8 6457 7333
F: +61 8 6457 7344
E: admin@cfwa.org.au

Disclaimer: The information contained herein is provided in good faith. However accuracy of any statements is not guaranteed by Cystic Fibrosis WA. We provide the information on the understanding that persons take responsibility for assessing relevance and accuracy. Individuals are encouraged to discuss their health needs with a health practitioner.

© Copyright Cystic Fibrosis Western Australia 2019