

Mental Health Care Plan and 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.

Medicare Rebates

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.

If you feel you need more after the six sessions, you can go back to your GP to be reassessed. If you're assessed as needing more, you can be eligible for up to ten rebatable sessions in a calendar year.

Chronic Disease Management Scheme

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, Cystic Fibrosis WA may be able to assist with our Mental Health Gap Subsidy.

Useful Resources

- [CFWA Mental Health Subsidy](#)
- [Find a Health Service \(Health Direct\)](#)
- [Find a Psychologist \(Australian Psychological Society\)](#)
- [Find a Social Worker \(Australian Association of Social Workers\)](#)
- [Chronic Disease Management Scheme FAQs \(Australian Psychological Society\)](#)

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.
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