

## Mental Health Care Plan and Rebates

People with cystic fibrosis (CF) and their carers often experience anxiety and/or depression two to three times that of the average population. While feelings of anxiety and depression can be a normal response to living with CF, it's important to seek help if these feelings persist.

### Mental Health Care Plan

If you wish to access mental health support, the first step is to visit your GP who can put a Mental Health Care Plan in place. This is a detailed plan developed by you and your doctor which includes goals, treatment options and support services. Your GP can also refer you to a mental health professional such as a psychologist, psychiatrist or counsellor.

### Medicare Rebates

A Mental Health Care Plan allows you to claim up to 20 sessions with a mental health professional each calendar year. To start with, your doctor or psychiatrist will refer you for up to 6 sessions at a time. If you need more, they can refer you for further sessions.

If you require prescribed medications, such as anti-depressants, these will generally be subsidised through the Pharmaceutical Benefits Scheme.

### Costs

Health professionals set their own fees. Ask for their fees and how much you will get back from Medicare when you



make your appointment. If you have private health you may get back more depending on your level of cover. Cystic Fibrosis WA may also be able to assist with any left over costs with our [Mental Health Gap Subsidy](#).

### Chronic Disease Management Scheme (CDMS)

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

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

## Regional Support

If you live in a remote area, it might be hard to see a mental health professional in person. You may be able to have a Telehealth video consultation instead. You can claim for video consultation sessions with a mental health professional

Ask your GP or mental health professional if they offer this service. You can also search for Telehealth service providers on the Find a Health Service page of Health Direct.

## Useful Resources

- [Find a Health Service \(Health Direct\)](#)
- [Find a Psychologist \(Australian Psychological Society\)](#)
- [Chronic Disease Management Scheme FAQs \(Australian Psychological Society\)](#)
- [Telehealth Services for Remote Areas \(Department of Health\)](#)
- [Mental Health Care and Medicare \(Australian Government\)](#)

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