

mental health treatment plans

mental health plans allow headspace to do more counselling sessions

how to get a mental health plan:

- Visit your GP. Your doctor will then make an assessment and prepare a plan if they feel this is right for you. Your doctor can fax this plan to headspace Bega.
- If you don't have a regular GP, headspace has dedicated workers who can help you see a GP through a local teen clinic. If you would prefer to see your own GP, advise the medical practice of the purpose of your visit – to obtain a Mental Health Treatment Plan. Be sure to ask for charges and to see if this appointment can be bulk billed.
- During your appointment with the GP, you can expect for them to ask you some questions. They will then create your plan so you can set goals together. When you schedule your appointment with your doctor, let them know it is for a mental health plan.

why get a mental health plan?

- Seeing your GP is a great way to begin your mental health journey. Doctors can provide specialised treatments and refer you to headspace or other mental health professionals such as psychologists or psychiatrists.
- Having a mental health plan allows headspace to see more young people, more often. By introducing Medicare bulk billing, headspace has been able to welcome more mental health clinicians.
- You can still see a headspace counsellor, even if you do not have a plan. The quality and amount of counselling will be the same for both pathways. However, if you are able to get a plan, headspace has more options for connecting you with supports and we might be able to see you sooner.

what happens when I get my plan?

Once you have your plan, call headspace on 1800 959 844 to make an appointment.

We will arrange a time for you to complete an intake appointment. If you have a copy of your plan. Please bring it along.

During your intake appointment, headspace will learn a little bit about you and what kind of support you might like. Together, we will discuss which headspace services are right for you.

After your intake, headspace will contact you when an appointment becomes available.

If you complete the number of sessions allocated in your mental health care plan, your counsellor will contact your GP. You will meet with your GP to review your plan and to assess whether more sessions are right for you.

If you require more sessions than Medicare covers, you will still be able to continue counselling with headspace.