

Mental Health Care Plan Information Sheet

Medicare benefits are available for a range of psychological services under the Better Access program. Eligible people can receive up to 10 subsidised individual, and 10 subsidised group psychology sessions per calendar year. At Rae Kruger Counselling and Training, you can claim \$92.90 per psychology session from Medicare (not applicable to counselling).

How to obtain a Mental Health Care Plan:

Book an extended appointment with your GP to complete a Mental Health Care Plan. Your doctor will assess your care needs and refer you to a registered psychologist. You can ask your doctor to refer you to Rae Kruger Counselling and Training, or to Michelle Ottey.

When you book your appointment with us, email your mental health care plan and referral letter to raek@rkct.com.au. Your GP clinic may be able to email these documents directly to us.

After 6 sessions, your psychologist will need to write a brief letter to your GP to share your progress and request additional sessions as needed. You will need to book a session with your GP at this time to review your progress to receive the additional 4 sessions.

How to claim your Medicare rebate:

1

Book, attend,
and pay for your
session in full.

2

Get your receipt.
You will need the
provider number
and item number
on the receipt.

3

Claim your
rebate using
your Medicare
Account or the
Medicare App.
Find step-by-
step instructions
here.