



Mental Health Care Plans

Mental Health Plans are given to patients for some of the following reasons

- Psycho education
- Cognitive behaviour therapy
 - Behaviour intervention
 - Behaviour modification
 - Exposure techniques
 - Activity scheduling
- Cognitive therapy
- Relaxation strategies
 - Progressive muscle relaxation
 - Controlled breathing
- Psychological strategies
- Skills training
 - Problem solving and training
 - Anger management
 - Social skills training
 - Communication training
 - Stress management
 - Parent management training
- Interpersonal therapy (depression)
- Narrative therapy for Aboriginal and Torres Strait Islanders

Entitlements

10 Individual therapy sessions per calendar year (1st January – 31st December)

10 group therapy sessions per calendar year (1st January – 31st December) – must have 6 to 10 patients and are eligible for these separate to individual services.

Profession	Service	In/out of clinic	Rebate
Psychology- 50 mins**	Individual	In	\$84.80
Psychology	Group	In	\$21.65
Occupational Therapy – 20 mins*	Individual	In	\$52.95
Occupational Therapy – 50 mins**	Individual	In	\$74.80
Occupational therapy	Group	In	\$19.00

*20minute sessions – These are services lasting more than 20 minutes but not more than 50 minutes ** 50 minute sessions – These are services lasting more than 50 minutes.

Referral Process

1. Referral from GP or paediatrician
2. Referring practitioners are not required to use a specific form to refer patients for these services. The referral may be a letter or a note to an eligible allied mental health professional signed and dated by the referring practitioner.

Billing Process

1. Macarthur CDC's Service fee must be paid first by your preferred method (e.g., cash, credit, eft, etc).
2. Present your medicare card following payment for the receptionist to process your rebate.
3. Your rebate must go back into a Savings or Cheque Account.