

Mental Health Counselling (Medicare)

Almost half of all Australians will experience mental illness at some point in their lives.¹ Working with a mental health practitioner can help you to deal with these issues effectively and gain a greater understanding of yourself, your behaviours and thinking patterns, and enhance your sense of wellbeing.

Better Place Australia provides professional psychological support for several issues such as:

- Depression
- Anxiety and Panic Disorders
- Stress Management
- Self Esteem
- Relationship Issues
- Major life transitions
- Grief and Loss
- Bullying
- Referrals to specialist support such as Alcohol and other Drug Services, Gambling Support and Family Violence Services.

How does this work?

The first step is to consult your GP, psychiatrist, or paediatrician to discuss obtaining a Mental Health Care Plan and a referral. This plan makes you eligible to have up to 10 rebated individual sessions with a mental health professional each calendar year through Medicare.

Once you have your plan, contact our Intake team to schedule an appointment with one of our psychologists.

In your sessions (50 minutes long), the psychologist will work with you to explore any challenges you're facing and help you develop coping strategies and skills. The goal is to support you in making positive changes in your life.

Important: A referral and Mental Health Care Plan from your GP must be in place before your first session to receive a Medicare rebate. Medicare does not provide rebates for plans dated after the appointment.

What won't counsellors do?

- Give advice or be judgemental
- Get emotionally involved
- Diagnose mental illness or prescribe medication (only doctors can do that)
- Take sides or referee a disagreement.

Is counselling confidential?

Yes. Nothing said will be revealed unless permission has been given and any notes taken are kept secure. There are some circumstances under which confidentiality is limited or revoked due to legal or safety concerns.

How much does it cost?

A **Mental Health Care Plan** is required from your GP to access Medicare-funded counselling. Better Place charges a low-cost out-of-pocket amount starting at \$20 for concession (on a sliding scale).

Counselling can also be accessed without a Mental Health Care Plan for \$150 per session.

Interpreters



You can ask us for an interpreter in your language.

What do I do now?

If you feel that you would benefit from counselling or you would just like to know more about it, please call **1800 639 523** or send an email to enquiry@betterplace.com.au with your contact details. You can also chat with us on our website and/or for more information, visit **betterplaceaustralia.com.au**



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¹ Australian Bureau of Statistics. (2009). National Survey of Mental Health and Wellbeing: Summary of Results, 4326.0, 2007. ABS: Canberra