



THE SOCIAL BLUEPRINT

# MENTAL HEALTH TREATMENT PLAN

**Source: Services Australia**

**<https://www.servicesaustralia.gov.au/mental-health-care-and-medicare?context=60092>**

**A mental health treatment plan** lets you claim up to **10 individual and 10 group 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. Health professionals set their own fees, so we may only cover some of the cost.

When you make your appointment, remember to ask:

- how much you'll pay
- how much of the cost we'll cover.
- If they bulk bill, you won't have to pay anything. If you have private health insurance, you may be able to get some money back. You can check with your insurer.

**If you're in crisis and need support,  
call Lifeline on 13 11 14 - 24 hours a day, 7 days a week.**