

FREE CHECKLIST

# Getting a Mental Health Treatment Plan

What to say to your GP, what to bring, and how to avoid the paperwork mistakes that delay sessions.

# The short answer

Book a longer appointment with your **usual GP** (or the practice you're registered with through MyMedicare) and say it's for a Mental Health Treatment Plan. Your GP talks with you about how you've been, prepares the plan and writes a **separate referral** to a psychologist. Send both to MeHelp: we confirm the same day and match you with a psychologist, usually within 2 to 5 days.

**2**

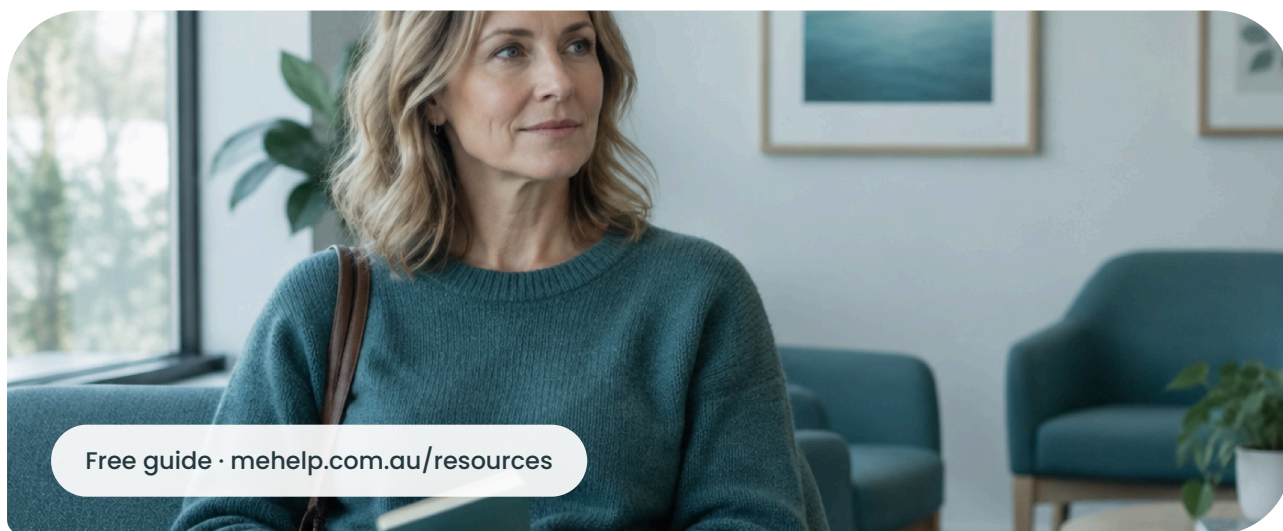
documents you need: a plan and a referral

**12 mths**

GP needs to be your usual practice or MyMedicare practice

## WHAT YOU'LL FIND IN THIS GUIDE

- Which GP can write your plan under the 2025 rules
- How to book the right type of appointment
- What your GP will ask, and how to prepare
- Exactly what to say to ask for a referral
- The paperwork mistakes that delay sessions
- A tick-box checklist to take with you



Free guide · [mehelp.com.au/resources](https://mehelp.com.au/resources)

Reviewed by **Phillipa Brown**, registered psychologist and founder of MeHelp. Information current at October 2026. General information only, not individual advice.

# Choose the right GP

Since 1 November 2025, Medicare only pays for sessions when the plan and referral come from the right place.

## OPTION 1

### Your usual GP or practice

The doctor or practice that has provided most of your care in the past 12 months, or is likely to in the next 12.

## OPTION 2

### Your MyMedicare practice

If you've registered with a practice through MyMedicare, a GP at that practice can prepare your plan.

**Don't have a regular GP?** Pick a practice you'd be happy to keep seeing and book a face-to-face appointment. You can ask the clinic about registering with MyMedicare. A GP you see only once online generally can't provide a plan that Medicare will rebate.

## Three steps at the GP

1

### Book a longer appointment

Tell reception it's for a Mental Health Treatment Plan. A standard short appointment often isn't enough time.

2

### Talk about what's going on

Your GP will ask how you've been feeling, how long it's been going on and what you'd like help with. They may use a short questionnaire.

3

### Leave with two documents

The plan, and a separate signed referral to a psychologist. The plan on its own is not a referral.

# What to say

You don't need to have the right words. A short note on your phone is enough.

## WHAT TO SAY

"I've been struggling with my mental health and I'd like a Mental Health Treatment Plan and a referral to a psychologist, please. I'd like to see MeHelp, by phone or video."

## Jot these down before you go

- What's been happening, and roughly when it started
- How it's affecting sleep, work, relationships or daily life
- Anything you've tried that has or hasn't helped
- What you'd like to be different
- Any preferences: phone or video, times, or the kind of psychologist you'd like

## Mistakes that delay sessions

| MISTAKE                                       | WHAT TO DO INSTEAD                                                       |
|-----------------------------------------------|--------------------------------------------------------------------------|
| <b>Plan but no referral</b>                   | Ask for a signed referral as well as the plan.                           |
| <b>Plan from a one-off GP</b>                 | Use your usual GP or MyMedicare practice.                                |
| <b>Referral doesn't say how many sessions</b> | Ask the GP to state the number (usually up to 6 for the first course).   |
| <b>No review booked</b>                       | Book your GP review around session 5, so there's no gap between courses. |

# What people ask us

## Is a Mental Health Treatment Plan the same as a Mental Health Care Plan?

Yes. The name changed in November 2025. Older paperwork with the old name is still valid if it was prepared correctly.

## Can I get a plan through a telehealth GP?

Only if that GP or practice is your usual one or your MyMedicare practice, and you've generally seen them face to face in the last 12 months.

## Do I have to tell my GP everything?

No. Share what you're comfortable with. Your GP needs enough to understand what's going on and whether a plan suits you.

## What if my GP says I'm not eligible?

You can still see a MeHelp psychologist privately for \$180 a session, with no plan or referral. Call 1300 323 411 and we'll talk you through it.

## Your checklist

- |                                                                                            |                                                                |
|--------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Longer appointment booked with my usual GP or MyMedicare practice | <input type="checkbox"/> Notes on what's been happening        |
| <input type="checkbox"/> Medicare card details                                             | <input type="checkbox"/> Mental Health Treatment Plan prepared |
| <input type="checkbox"/> Signed referral to a psychologist                                 | <input type="checkbox"/> Plan and referral sent to MeHelp      |
| <input type="checkbox"/> GP review booked around session 5                                 | <input type="checkbox"/> Phone or video preference noted       |



# Prefer to talk it through with a psychologist?

MeHelp is an Australian online psychology practice. Sessions are by phone or video, Australia-wide, and can be bulk billed with a valid Mental Health Treatment Plan and referral. We also accept NDIS, WorkCover, DVA, EAP and private health funding.

**How to talk to your GP at [mehelp.com.au/how-to-talk-to-your-gp-about-mental-health](https://mehelp.com.au/how-to-talk-to-your-gp-about-mental-health)**

1300 323 411 · [info@mehelp.com.au](mailto:info@mehelp.com.au)

MeHelp is not a crisis service. If you or someone else is in danger, call 000. For 24-hour support, call Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636. Under 25: Kids Helpline 1800 55 1800.

This guide is general information about the Australian health system. It isn't individual medical, legal or financial advice, and it doesn't replace an assessment by your GP or a psychologist. Government rules and fees change. Figures are current at October 2026; check [health.gov.au](https://health.gov.au), [servicesaustralia.gov.au](https://servicesaustralia.gov.au) or your insurer for the latest. All MeHelp psychologists are registered with Ahpra.