

FREE WORKBOOK

Your first session

What usually happens, what to bring, and fifteen quiet minutes to get clear on what matters to you.

The short answer

Your first session is mostly a **conversation**. Your psychologist asks what's brought you in, how it's affecting your life and what you'd like to be different. They explain confidentiality, and together you agree on goals and a rough plan. There's nothing to prepare, but a few notes on what matters to you can help. At MeHelp, first sessions are 50 minutes by phone or video, often in the same week.

WHAT YOU'LL FIND IN THIS GUIDE

- What usually happens, step by step
- What to have ready on the day
- Questions you might like to ask
- How to tell if your psychologist is a good fit
- A 15-minute reflection to get clear on your goals
- What happens after the first session

50 min

typical length of a session

0

things you must prepare



Free guide · 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.

What usually happens

Every psychologist works a little differently, but most first sessions cover the same ground.

- 1 Getting started**
Your psychologist explains how sessions work, including confidentiality and its limits.
- 2 Your story**
They ask what's brought you in, how long it's been going on and how it affects your daily life.
- 3 Some background**
Questions about health, sleep, work, relationships and support. Share only what you're comfortable with.
- 4 Goals**
You talk about what you'd like to be different, and agree on a starting focus.
- 5 Next steps**
They suggest how often to meet and something you might try before next time.

Have these ready

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| ☐ A private, quiet space | ☐ Your plan and referral (if using Medicare) |
| ☐ Charged phone or laptop and headphones | ☐ A glass of water |
| ☐ Any notes you've made | ☐ Your questions |

REFLECTION

Fifteen quiet minutes

Make a cup of tea and jot down a few notes. There are no right answers, and you don't have to share all of it.

What's been weighing on me lately?

How is it affecting my days, sleep, work or relationships?

If things were a little better, what would I notice first?

What would I like my psychologist to know about me?

Is it a good fit?

Research consistently links a good working relationship with your therapist to better progress. It's okay to ask for a change.

SIGNS OF A GOOD FIT

You feel...

- Listened to and not judged
- Clear about the plan
- Able to say what isn't working
- Like you're working together

IT'S OKAY TO

Speak up if...

- The approach doesn't suit you
- You'd prefer a different style
- Something felt uncomfortable
- You'd like to try someone else

QUESTIONS YOU MIGHT ASK

"What will we focus on first? How often should we meet? How will we know it's helping? What can I try between sessions?"

At MeHelp: if your psychologist isn't the right fit, let us know and we'll match you with someone else in our network at no extra cost.

What people ask us

Do I have to talk about everything in the first session?

No. You set the pace. It's fine to say "I'm not ready to talk about that yet."

What if I cry or don't know what to say?

Both are completely normal. Psychologists are used to it and will help guide the conversation.

How many sessions will I need?

It varies. Your psychologist will suggest a plan after the first session and review it as you go.

Will my psychologist tell my GP what I said?

If you were referred under Medicare, your psychologist sends your GP a brief update on progress, not a transcript of your sessions.



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.

What to bring to your first appointment at mehelp.com.au/what-to-bring-to-your-first-appointment

1300 323 411 · 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, servicesaustralia.gov.au or your insurer for the latest. All MeHelp psychologists are registered with Ahpra.