

Patient Pathways

Identify patient as having a mental disorder

Treatment / Referral Options

Access to Psychiatrists
Refer to a Psychiatrist

BETTER ACCESS

Psychological Therapies

By:

- Clinical Psychologists (registered with Medicare Australia)
- Referral for up to 6 + 6 Group sessions and up to 6 + 6 Individual sessions

Focused Psychological Strategies (FPS)

- Psycho-education
- Cognitive Behavioural Therapy
- Interpersonal Therapy

By:

- Psychologists
- Social Workers
- Occupational Therapists (All registered with Medicare Australia)

Referral for up to 6 + 6 Group sessions and up to 6 + 6 Individual sessions

GP Mental Health Consultation

Item Number: 2713

20 min+ consultation

Available for patients with a mental disorder including for patients being managed under a GP Mental Health Care Plan

May be used for ongoing management of a patient with a mental disorder

Item Number: 2713

Step 1

Assessment & MH Plan

Item Number: 2710

Step 2

Review

(4 weeks to 6 months from plan)

Item Number: 2712

Step 3

Further review if required

(3 months after initial review)
(Generally no more than 2 reviews in a 12 month period)

Item Number: 2712

GENERAL INFORMATION

Your patient can access rebateable services by clinical psychologist, psychologists, occupational therapists or social workers if they are being managed by the GP under a GP Mental Health Care Plan (Item 2710) or under a psychiatrist assessment and management plan (Item 291).

ATAPS—Via DIVISIONS
Focussed Psychological Strategies (FPS)

- Psycho-education
- Cognitive Behavioural Therapy
- Interpersonal Therapy

By:

- Psychologists
- Social Workers
- Occupational Therapists
- Mental Health Nurses
- ATSI mental health workers

Referral for up to 6 + 6 Group sessions and up to 6 + 6 Individual sessions

Level 2 Registered GPs
FPS as for ATAPS (above)

Referral for up to 6 + 6 Individual Sessions

Chronic Disease Management
GP Management Plan (GPMP)
& Team Care Arrangement (TCA)

Where a patient has a mental disorder as well as complex health care needs (eg. co-morbidities) requiring team-based care, the GP is able to use both the CDM items (for team-based care) and the GP Mental Health Care items

IMPORTANT: GPs should refer to the Medicare Benefits Schedule for details of the requirements and restrictions related to these items