

How to get a referral from your GP?

1

Visiting your GP

Make an appointment with your GP. Let them know your concerns and that you're interested in seeing a counsellor. They will assess if you meet the criteria for a referral.

2

What will your GP ask?

- Symptoms you may have been experiencing such as changes in mood, motivation, sleeping, eating patterns and physical symptoms
- Current and past stresses in your life
- Current support networks

3

Referral Options

- Self referral - no GP referral required, full fee with no Medicare Rebate
- Mental Health Treatment Plan - GP referral required, Medicare Rebate available, up to 10 sessions per calendar year