



This fact sheet provides a summary of the main federal mental health initiatives that you may be eligible for. For more information, talk it over with Medicare Australia (ph132 011), your local GP, or the Positive Directions Mental Health Advisor.

### **Chronic Disease Management (CDM) – Allied Health Referral for a Psychologist.**

Your GP will complete:

- (1) *GP Management Plan* - a care plan that involves you and your GP, and a
- (2) *Team Care Arrangement Plan* - a care plan that involves you, your GP and at least one other service (such as the Psychologist).

Under this scheme, you can access up to a total of **five (5) sessions** with an allied health professional in one calendar year, and you can claim a total of \$245 back through Medicare in one calendar year.

### **Better Access to Mental Health Care Plan**

Your GP will conduct a mental health assessment, determine your need for a mental health referral and then complete a GP Mental Health Care Plan (Item 2710). You will need to book a longer appointment with your GP for this to be done.

Under this scheme, you can access up to **twelve (12) sessions** with a Psychiatrist, Psychologist or another mental health specialist. These sessions can either be individual or in a group. Individuals may be eligible for six (6) more sessions in exceptional circumstances.

Medicare rebates are available and the amount will depend on whether you see a Psychiatrist, Psychologist or other mental health specialist. There may be a gap to pay depending on the professional's fee for service.

### **Better Outcomes in Mental Health: ATAPS Plan**

Your GP will complete a review of your current situation and then complete the GP Mental Health Care Plan (Item 2710). Your GP will select BOiMHC item *Allied Health Professional*.

To access this funding you need to hold a health or pension card and your GP needs to be registered with the local division of GP's.

Under this scheme, you can access up to **twelve (12) sessions**. After you complete the first six (6), you must return to your GP for a review. After all 12 sessions are completed, you may be eligible for six (6) more sessions. Speak to your GP about this possibility.

## About

### **Positive Directions**

Spiritus Positive Directions is funded by Queensland Health to provide a state-wide care co-ordination, information and referral service for People Living With HIV (PLHIV) in Queensland.

## Locations

### **Brisbane**

101a Watson Street  
Camp Hill QLD 4152  
PO Box 3387  
Norman Park QLD 4170  
**Ph 07 3900 8000**  
**Fax 07 3843 4962**

### **Gold Coast**

18a West Street  
Burleigh Heads QLD 4220  
PO Box 590  
Burleigh Heads QLD 4220  
**Ph 07 5576 8366**  
**Fax 07 5535 2166**

### **Sunshine Coast**

Level 2, 15 Sydney Street  
Nambour QLD 4560  
PO Box 344 Nambour  
Qld 4560  
**Ph 07 5441 1222**  
**Fax 07 5441 1566**

### **Townsville**

Level 3, 155 Denham Street  
Townsville QLD 4810  
PO Box 5186  
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**Ph 07 4721 1384**  
**Fax 07 4724 2491**

### **Cairns**

3b/151 Martyn Street  
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Cairns QLD 4870  
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## Who do I contact?

You can talk with the Positive Directions Psychologist for more information. Ph:07-3900 8000

**Reference:** This fact sheet was produced in January 2010, using fact sheets and other information found on the Australian Government Department of Health and Ageing website.