

ACCESSING AFFORDABLE HEALTHCARE

Accessing allied health care - physiotherapy, occupational therapy, speech pathology and other allied health

GP Management Plan ("Chronic disease management")

- patient information sheet ([link](#))
- this GPMP can include recommendation for a Medicare rebate up to 5 allied health sessions per calendar year
- these 5 sessions can be split between professions e.g. 2 physiotherapy + 3 occupational therapy
- your allied health practitioner may charge an out-of-pocket expense on top of the Medicare rebate

Private health insurance

- in some cases, it may be more cost-efficient with private health cover and benefits paid for allied health services (including psychology)
- there may be waiting periods for pre-existing conditions
- refer to government website for further information ([link](#))

Accessing mental health care

Better Access initiative

Better Access to Psychiatrists, Psychologists and General Practitioners through the Medicare Benefits Schedule

- patient information sheet ([link](#))
- your GP can complete a **Mental Health Care Plan (MHCP)** or Mental Health Treatment Plan
- this MHCP can include a recommendation for up to 10 sessions with a psychologist or other mental health professional in a calendar year
- the first referral is for up to 6 sessions, with a further 4 sessions available after a review with your GP
- there may be an out-of-pocket expense on top of the Medicare rebate

Psychiatry

Medicare Safety Net Arrangements ([link](#))

- some people see a psychiatrist for frequent psychotherapy - the initial sessions may be expensive, but once the Medicare Safety Net is reached (often within a few months with weekly appointments), you will receive increased Medicare benefits of the gap and/or out-of-pocket amount for the remainder of the calendar year
- Extended Medicare Safety Net (EMSN) is \$2414.00 and \$770.30 for concession card holders from 1 January 2023 and includes all out-of-pocket costs for all out of hospital medical services

Find a specialist practitioner in your area and your language

OT

<https://otaus.com.au>

Physiotherapist

<https://choose.physio/find-a-physio>

Speech pathologist

speechpathologyaustralia.org.au

Psychologist

<https://psychology.org.au/find-a-psychologist>

Psychiatrist

<https://www.yourhealthinmind.org/find-a-psychiatrist>

Psychotherapist

<https://nswipp.org/find-a-psychotherapist/>

There are multiple other schemes available for accessing psychological treatment, depending on eligibility

Primary Health Networks (PHNs)

Your local area may have additional schemes for accessing mental healthcare ([find your area](#)) including Head to Health and headspace - links below

- Central and Southeastern Sydney PHN
- Northern Sydney PHN
- Western Sydney "WentWest"
- South Western Sydney PHN
- Nepean Blue Mountains "Wentworth Healthcare"

Victim Services - counselling service

- refer to website ([link](#)) and detailed guide ([link](#))
- can provide up to 22 hours of counselling to help recover from the impacts of a crime