



Guide to Accessing Psychological Services with the Medicare Rebate

The Better Access initiative gives Medicare rebates to eligible people so they can access the mental health services they need. Better Access aims to encourage more people to seek support for their mental ill-health. It works to improve treatment and management for people who have mild to moderate mental health conditions.

Please find the step-by-step guide to accessing mental health services through the Better Access initiative below:

1. Obtaining a Referral and Mental Health Treatment Plan (MHTP)

- **Visit Your GP:** Schedule an appointment with your General Practitioner (GP) to discuss you/your child's mental health concerns.
- **Assessment:** Your GP will assess you/your child's condition and, if deemed necessary, prepare a Mental Health Treatment Plan (MHTP) and referral for a Psychologist.

2. Making an Enquiry and Booking an Appointment with Third Space Psychology

- **Contact Third Space Psychology:** Use the [Bookings and Enquiries](#) form on our website or directly contact [Third Space Psychology](#).
- **Provide Documents:** Inform our Psychologist that you have obtained a MHTP and referral. Submit these documents before your initial session by:
 - uploading via the online *Client Intake Form* on the *Halaxy* platform
 - scanning and emailing to: jamieb@thirdspacepsychology.com.au.

3. Attend Your Session

- **Scheduled Session:** Attend the session with our Psychologist as scheduled.

4. Processing Service Payment and Medicare Rebate

- **Payment:** Pay the consultation fee after your appointment via *Halaxy*, our practice management software.
- **Medicare Rebate:** We can process your Medicare rebate (*currently \$96.65*) immediately through *Halaxy*.
- **Direct Deposit:** Your Medicare rebate will be deposited directly into your nominated bank account using our electronic claiming system.

5. Repeat Sessions

- **Session Limits:** You are eligible for up to 10 individual sessions per calendar year under Medicare and the Better Access Initiative.
- **Progress Review:** After the initial 6 sessions, your Psychologist will review your progress with your GP to determine if further sessions are needed.

Important Notes

- **Valid MHTP:** Ensure your Mental Health Treatment Plan is valid and signed by your GP. Submit it to [Third Space Psychology](#) before your first session.
- **Contact Information:** For more information, contact [Third Space Psychology](#) or visit the [Services Australia](#) and [Better Access Initiative](#) websites.