

Valid Referrals to psychologists under MBS Better Access – A Quick Reference Guide for GP's



Quick Reference Guide- Valid Referrals to psychologists under MBS Better Access

For a valid referral to be made to a psychologist under MBS Better Access, the following is required:

- The referral contains the patient's **date of birth** and **address**.
- The referral includes the **number of sessions** patient is being referred for:
 - The maximum number of referred sessions within the initial Better Access items is 6 sessions at a time
 - The maximum number of sessions for the Additional Better Access Mental Health items (extra 10 Covid-19) referred at a time is 10 sessions.
 - Until June 2022 clients can access a maximum of 20 sessions each calendar year if clinically appropriate and using both the initial and subsequent Better Access item numbers.
- The referral is made by a GP, medical practitioner, psychiatrist or paediatrician and states that a mental health care plan/healthcare home shared care plan/referred psychiatrist assessment and management plan has been created.
- The referral asks for the provision provide psychological treatment.
- The referral states an eligible **diagnosis or symptoms** (from the ICD -10 codes with dementia, delirium, tobacco use disorder, mental retardation being specifically excluded).
- The referral is **signed and dated** by the referring practitioner and contains either the practice address or provider number.

The above needs to be included on a referral before a psychologist can provide services to your client under current MBS legislation.

If you have any questions, please feel free to contact the Australian Association of Psychologists via admin@aapi.org.au or phone 0488770044.

Thank you for your assistance.