

How to access a medicare rebate for psychological services.

Medicare rebates may be available for up to 10 psychological services a year. If eligible, you can get a part of your session fee back from some providers.

You will still need to pay a gap and probably need more than 10 sessions. The Therapy Hub is not a bulk billing service.



Browse our list of Therapists to see who you may like to work with

You can call or email ahead to enquire about their availability and if they're taking new clients. Our friendly admin team will discuss your needs and try to match you with the best person available based on what you've shared. You may like to book in as soon as possible at this point. You can book in without a mental health care plan.



Book an appointment with your GP to create your mental health plan.

When booking, ask for a longer session, or some clinics will already include "mental health care plan" in their session choices.



Your GP may ask you 10 questions from the Kessler Psychological Distress Scale (K10).

They may also ask you about other mental health issues, medication and alcohol or other drug use. Some of these questions can be quite confronting however know that this is just a screening process and not reflective of what therapy will be like.

If appropriate your mental health care plan will be completed during your session. If you're not eligible you can still self refer to see a therapist.



Bring the details of the therapist you identified in step 1 with you to your GP appointment.

Let your GP know that you would like to see your identified therapist. If you don't know that's ok too, your GP can also refer you to a psychologist that they know, or they may be able to create a "general" mental health care plan without a specified therapists name.



Book your first appointment with your therapist.

You will be asked to provide some basic information about your current situation to admin to help allocate you to the most suitable therapist.

You will be asked to

- read some paperwork and complete a consent form
- check you have understood prices and rebate options
- provide details of payment, medicare card details and Mental Health Care Plan

Before your session.

- Bring your mental health care plan with you to your first session or, your GP may send it directly to your therapist.



You will need to see your GP again after your sixth session to access your final four rebated sessions.

If you feel like you and your therapist are not a good match (even before the sixth session), you can change your mental health care plan with your GP.

You do not need a new MHCP if you are switching mental health clinicians.

Your therapist will provide the GP with a summary of your treatment so far.

This appointment is just a quick check in to see how you are going.

Feel free to ask us any questions you may have.
We're here to help