

How to access free and low-cost help for a mental health issue in Western Australia

There are many free and low-cost services available for people who have financial difficulties (e.g. unemployed or have a healthcare/concession card). These services can be accessed via any GP.



How a GP can help

By talking with you about what is happening and working with you to determine what support is best for you.

This could include:

- Access to self-help resources, support groups, online support and referrals to community services.
- Setting up a Mental Health Care Plan which can allow you to claim a Medicare rebate for up to six visits to a clinical psychologist, mental health or allied mental health professional.
- Depending on your needs, your GP can also refer you for an additional four sessions if required.

Note: For your first visit, please request a 30-minute appointment.



What happens when a GP bulk bills?

Any GP can refer you to the appropriate services. However, with a bulk billing GP the bill for your appointment is sent directly to Medicare and there will be no out of pocket payment for you.

Not all GPs bulk bill – please ask when you book your GP appointment.



How to access a bulk billing GP?

Anyone who is registered with Medicare and has a Medicare card can access a bulk-billing GP. If you are not enrolled with Medicare, you can complete an enrolment form online or visit your nearest Medicare office.



Where to find your nearest bulk billing GP

To find a GP that bulk bills, visit:
1800bulkbill.com.au/
healthengine.com.au/find/bulk-billing-gp/WA/

Services your GP can refer to

Perth Metro

To check if you are eligible for any of the services below, please speak to your GP.

PORTS (Practitioner Online Referral Treatment Service)

Free telephone and online psychological assessment for people aged 16+ experiencing anxiety, depression or substance use issues. Appropriate treatment will be offered, if required.

MH Connex

Free care management for people aged 18+ experiencing significant mental health issues who require a consistent point of contact and connection to other support services.



Child and Adolescent Brief Intervention Services

Free short-term, face-to-face counselling services for children and adolescents (4-15 years).



Country WA

Mental Health Portal

Free psychological treatment for people living in country areas experiencing a range of mental health issues.



Once the GP has referred you to the Mental Health Portal



you will receive a phone call from a mental health professional



who will organise an assessment to determine what services are needed.


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For more information visit
thinkmentalhealthwa.com.au