

How your 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.

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 or healthengine.com.au/find/bulk-billing-gp/WA

Services your GP can refer you to.

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

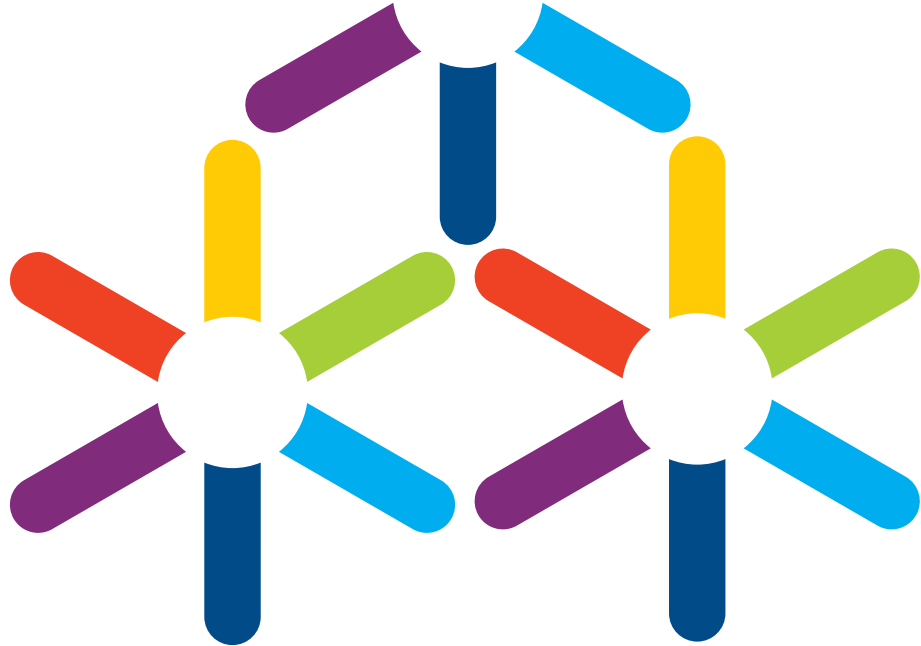
Free care management for people aged 18+ experiencing significant mental health issues who require a consistent point of contact and connection to other support services.

Child and Adolescent Brief Intervention Services

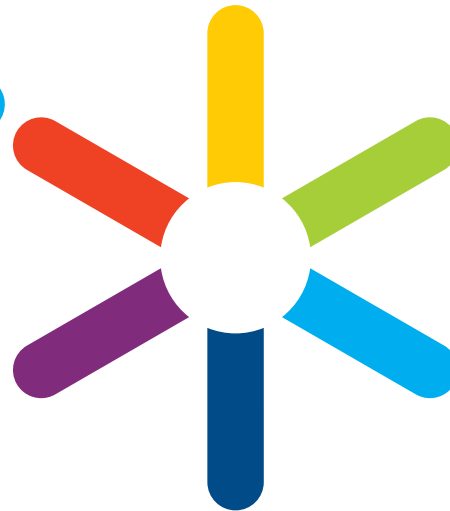
Free short -term, face-to-face counselling services for children and adolescents (4-15 years).

Mental Health Portal

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



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



For more information visit thinkmentalhealthwa.com.au



Accessing free and low-cost support for a mental health in Western Australia