

# 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](http://1800bulkbill.com.au) or [healthengine.com.au/find/bulk-billing-gp/WA](http://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

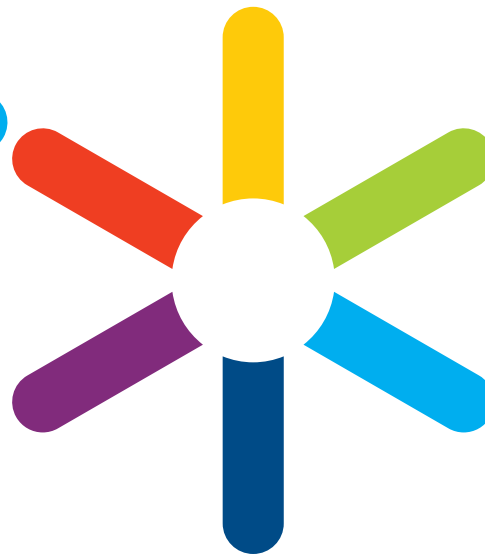
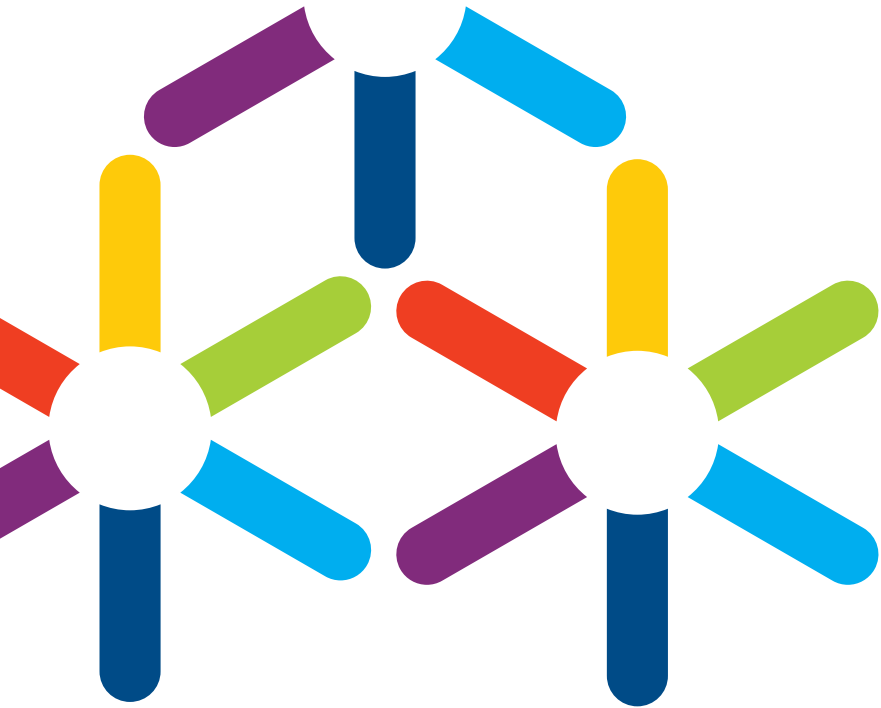
Free care management for people aged 18+ experiencing significant mental health issues who require a consistent point of contact and connection to other support services.

## 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](http://thinkmentalhealthwa.com.au)



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