

What is the Mental Health Care Plan?

This fact sheet gives you information about the MHCP, and how to obtain one to access services with the Cancer Counselling Service,

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A plan completed by both the General Practitioner (GP) and the person, which will enable access to **Medicare** rebates for up to 10 individual sessions per year, which can be a mixture of supports that best suit the needs of the person.

Frequently Asked Questions

Do I need a Mental Health Care Plan to access the service? YES. If you do not have one, please visit your GP and request a MHCP to access our program.

Do you charge a cancellation fee? No. We do not charge the gap fee, and we do not charge a cancellation fee if you need to change your appointment.

Are there any costs to me? No. We offer our service to people impacted by cancer completely for free.

What types of therapies does the MHCP cover: most evidenced-based therapies are covered, like CBT, DBT and Motivational Interviewing.

How long is the MHCP active for: the plan is active for 12 months, but if not acted upon within that 12 month, the person will need to get a new plan from the GP. **Remember!** The GP is considered the case manager in the MHCP process.

Can I have more than 10 sessions in a year: No. But, a person can return to their GP in the following year to get a new MHCP. There is no restriction on the number of plans, just on the number of sessions per calendar year. Each MHCP has a total of 10 sessions.

Can I get testing done under the MHCP: No. The MHCP does not cover the writing of a psychological report, nor does not cover any type of psychological testing can be used in another report.

What if I want more than 10 sessions. We are not an on-going service, but you may be interested in our Peer Support/Cancer Connect Service if you would like to talk to a person who has lived through cancer. .

How do I get a MHCP?

The first step is to visit your GP. When you make the appointment, here are a few tips for that appointment:

- Request a longer GP session as the doctor will be completing a small series of questionnaires with you.
- Your GP may ask you if you have psychologist in mind as the plan will need to be addressed to that practitioner.
- Please ask your doctor to send BOTH the referral letter and your Mental Health Care Plan to Cancer Counselling Service via our email cancercounselling@cancerqld.org.au
- The GP is considered the case manager in the MHCP process.
- After 6 sessions, the psychologist will write a report to the GP about your progress. You must attend a "review" appointment with the GP – they need to send us the "release" of the next four sessions.
- The release letter can also be emailed directly to us (se email above).

Where can I find more information:

- [Health Direct](#) – Information on MHCP
- [Mental health care options and Medicare](#) (including bulk billing information)
- Finding a GP in your area or find one using available search engines: [Hot Doc](#) ; [Health engine](#) (amongst others!).
- Please contact your GP for more information, including when to schedule the review.