

## What is the Mental Health Care Plan?

*This fact sheet gives you information about the MHCP, and how to obtain one to access the psychology services, based within Cancer Council Queensland (CCQ).*

### What is the Mental Health Care Plan?

It is a treatment plan completed by your General Practitioner (GP). It is combined of **two documents**: the Mental Health Care Plan and a Referral letter directed to our service. You must obtain both documents.

These will enable you to access **Medicare** rebates for up to 10 individual sessions per year with a psychologist, and up to 10 group sessions per calendar year with a registered mental health professional.

**The service is free to you.** We can do this when a person agrees to let their Medicare rebate go directly to the organisation, as full payment for a bulk-billed service.

### 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 and the Referral letter to access our service.

**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.

**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.

**Can I have more than 10 sessions in a calendar 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 programs 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 [ccsreferral@cancerqld.org.au](mailto:ccsreferral@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!).