



For support and understanding contact **Live Life Well Counselling**
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Reasons to think outside mental health care plans for therapy.

Many people attend a GP to request a mental health care plan under the better health scheme and to claim Medicare rebates. Currently, under the Medicare scheme in Australia, psychologists, OT'S and accredited mental health social workers can accept a mental health plan. If you are seeking a diagnosis or treatment for a chronic condition this medical model may be the most appropriate approach for you.

Sometimes though, it's not always the right choice.

Are you also aware that often there is a **gap fee payable** and a **very long waiting list** to see a psychologist?

Strong emotions and feelings do not always mean that you have a mental illness or that you need to be diagnosed with one, discuss this further with your GP.

You can choose your therapist.

If you are not seeking diagnosis or a medical model of treatment within the medical system, why wait?

You can choose to access a counsellor or psychotherapist.

Many counsellors and psychotherapists are highly trained. Look for reputable therapists who are registered with their peak body.

Registration with the Australian Counselling Association or PACFA requires ongoing clinical supervision and training. You can be confident your counsellor or psychotherapist is well prepared and highly trained as a member.

Many are also specialists in various fields e.g.: Grief & loss, trauma, relationships, palliative care, family dynamics etc and generalist counselling.

So before requesting a mental health plan from your GP, or if your GP is suggesting a MHCP, consider what is best for you.

Consider and discuss with your GP that you may not need a diagnosis for a mental health condition. Talk about what support you need immediately.

Consider that counselling and psychotherapy is person centred and in addition to various therapies also provides psycho education, support, referral and information. Sessions are tailored specifically to your individual needs.

Many counsellors or psychotherapists are trained in multiple therapies including Cognitive Behaviour Therapy, Solution Focused Therapy, Strengths Based Therapy, Narrative Therapy, Motivational Interviewing, Mindfulness Therapy, Emotion Focused Therapy, Acceptance and Commitment Therapy, Gestalt Therapy etc

You can self-refer to a counsellor or psychotherapist. GP referrals are welcome but not mandatory. Counsellors/Psychotherapists with your consent can provide updates/ liaise with your GP on your progress and well-being.