

How to access Mind Medicine Australia's Psychological Support Services

How to get a Mental Health Care Plan through a General Practitioner (GP)?

1. Book an appointment with your GP. If you don't have a regular GP. It's okay, contact your local medical centre and enquire who is available. You can request a male or female GP, and a GP that speaks your language (if available).
2. When booking your appointment, tell them you are wanting to talk about a Mental Health Care Plan. This ensures, the GP is informed in advanced and can set enough time aside for the appointment.
3. During the appointment, the GP will ask you what has been going. It is important that you are honest, as it helps the GP to assess the situation openly as possible. If you are nervous, it's okay. It is a really normal response, but GPs meet people for a Mental Health Care Plan all the time. GPs have been trained to listen, and what you tell them is confidential except for in certain circumstances (you can ask about this before the appointment).
4. The GP might ask you to fill a questionnaire which relates to how you have been feeling and what supports might work best for you
5. Some GPs might ask you to make a follow up appointment before they decide if a mental health care plan is the right thing for you.
6. Once a Mental Health Care Plan is approved, you can provide a copy of it to Mind Medicine Australia for a referral to seek a Medicare rebate and make an appointment with a psychologist.
7. It's okay if you are confused about seeking our service, you can contact Mind Medicine Australia's Psychological Services Practice Manager Dr Alana on alana@mindmedicineaustralia.org
8. Once the MHCP is made, as your GP if they can fax the referral to Mind Medicine Psychological Services on 0386783000

How to access Mind Medicine Australia with NDIS?

1. You need to have a valid NDIS plan and relevant funding in your plan to seek support from Mind Medicine Australia.
2. Bookings are made via myplace (access through myGOV). Use the Provider Finder tile to locate Mind Medicine Australia and create a service booking. This process varies as it depends on whether you are plan managed, NDIA managed or self-managed.
3. Once the booking has been confirmed, you can locate Mind Medicine Australia bookings via the My Service Bookings tile, where you can view and manage the bookings (not applicable if you are self-managing)
4. If your NDIS funds are plan-managed: your Plan Manager will make one service booking on the myplace portal, which allows the plan manager to claim payment



MIND MEDICINE A U S T R A L I A

from the NDIS for all services and supports in your plan. In this case, Mind Medicine Australia can be included in the service booking.

5. If your NDIS funds are NDIA-managed: you will need to give Mind Medicine Australia your NDIS number, date of birth and surname and the relevant support areas you have been funded for, so Mind Medicine can receive payment. You need to have service bookings in place so your Mind Medicine Australia can claim payment through the myplace portal.
6. If your NDIS funds are self-managed - You don't need to use service bookings because you pay your providers directly.
7. It's okay if you are confused about seeking our service, you can contact Mind Medicine Australia's Psychological Services Practice Manager Dr Alana on alana@mindmedicineaustralia.org
8. Once the request is made to obtain Service from Mind Medicine Australia, is made, ensure the referral is faxed to Mind Medicine Psychological Services on 03 8679 6014