

WHAT IS A MENTAL HEALTH TREATMENT PLAN?

A Mental Health Treatment Plan (MHTP) is a support plan that your Doctor writes with you in response to your mental health state. If your Doctor agrees that you require additional support, they will ask you a few questions to identify the type of healthcare that may be able to support you.

HOW DO I GET A MENTAL HEALTH TREATMENT PLAN?

First, book an appointment with your Doctor and let them know it is to talk about a MHCP. During your appointment, your Doctor will talk to you about your mental health, your lifestyle and any stressors. Your Doctor will make an assessment about your mental health and may coordinate a MHCP for you.

Your MHTP will have goals agreed by you and your Doctor. It will include:

- Treatment options
- Support services available

All of your health information (including your MHTP) will be provided and confidential. This means that your information can't be shared unless you agree to it.

WHAT DOES A MENTAL HEALTH TREATMENT PLAN INCLUDE?

If you have a MHTP, you will be entitled to Medicare rebates for a set number of individual sessions with a mental health professional (such as a psychologist or counsellor). The Medicare rebate covers you for a certain amount of the cost of your session. If your mental health practitioner charges more, you will need to pay the difference.

It is important to remember that your MHTP may not provide a referral for all the sessions you want to access. This means you may need to go back to your Doctor for a review if you need more sessions with a mental health professional. Together, you will discuss whether it would be beneficial for you to have another referral for more sessions.

WHO WILL SELECT MY MENTAL HEALTH PROFESSIONAL?

Your Doctor may refer you to a mental health professional near you, but you are welcome to conduct your own research and choose your own mental health professional. Click [HERE](#) for a list of mental health professionals and services committed to our Islamophobia Support referral network. Click [HERE](#) for the Centre of Muslim Wellbeing's health professionals list.

HOW CAN I PREPARE?

Before you go to your appointment with your Doctor, it is a good idea to write down a list of things you would like support with. If you are feeling nervous, there's no need to worry as your Doctor is trained in helping people who need mental health support. Having a list can be a helpful prompt if you are having difficulty knowing what to say.

WHAT SHOULD I BRING?

- Medicare card
- Private Health Insurance card (if you have private insurance)
- Photo ID

TELEHEALTH

If you live in a remote area or have other accessibility issues, it might be hard to see a mental health professional in-person. You may be able to have a Telehealth video consultation instead. You can claim for video consultation sessions with a mental health professional.

WHAT IF I NEED SUPPORT RIGHT NOW?

You can call any of the following crisis lines 24 hours a day, 7 days a week:

- Emergency 000
- Beyond Blue 1300 22 46 36
- Lifeline 131 114
- Kids Helpline 1800 551 800
- Suicide Call Back Service 1300 659 467

This information was co-developed with the Centre for Muslim Wellbeing.

Islamophobia Support is a community service delivered by the Islamic Council of Victoria. Our service is free, confidential and available to the wider community.

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