

# MENTAL HEALTH TREATMENT PLANS EXPLAINED

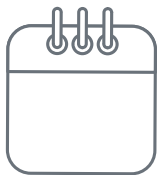


## WHAT IS A MENTAL HEALTH TREATMENT PLAN (MHTP)?

Also known as a Mental Health Care Plan, a MHTP is written by your GP and is designed to help you access services and support to improve your mental wellbeing and address any mental health concerns you may have.

## HOW TO GET A MHTP

Book a long appointment with your GP.



Tell your GP you would like to have a MHTP created and explain your concerns.



Your GP will ask you to fill in a questionnaire, and discuss some options with you.



Based on what you discuss and what your goals are, your GP will refer you to appropriate support and services.

## WHEN TO CONSIDER A MHTP

- You have not been feeling like yourself for more than two weeks.
- You've been feeling worried, angry, sad or depressed during this time.
- The way you are feeling is impacting your day-to-day functioning at work, school or in your social life.

**Do not wait for your mental health to reach a crisis point. Speak to your GP about getting some support as soon as possible.**

## WHY YOU SHOULD GET A MHTP

- It gives your GP the opportunity to refer you to appropriate treatment or support services.
- You will be entitled to a Medicare rebate for up to 10 individual sessions and group appointments with a psychologist, social worker or occupational therapist, which will help to cover some of the cost.

## SPEAKING UP

It's normal to feel nervous when asking for a MHTP, particularly if you have not ever spoken to anyone about your mental health before. Remember, it's very normal to experience a mental health concern, and one in two people will deal with a mental health concern at some point in their life. Think of it like spraining your ankle - it's fairly common, and it's important to seek help to make it feel better. Having trouble with your mental health is no different. It might be helpful to write down some notes before your appointment with your GP so you don't forget any important details, and if you think it will make you feel better, ask a family member or close friend to come with you.

*This information has been provided by the team at Accoras and may be subject to change.*

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