



Accessing Psychological Support

If an individual requires psychological support then they can seek assistance from a GP specialising in mental health, a Mental Health Social Worker, a Psychologist or a Psychiatrist. If utilising the services of a counsellor, please check their credentials as anyone can call themselves a counsellor without training or qualification.

You do not require a referral to see a Psychologist, however you will need a referral from a GP for a Psychiatrist. If the individual would prefer a Christian practitioner, then please contact Stuart Hoadley at Church Offices for more information.

If an individual would like to make use of Medicare-subsidised appointments with a Psychologist or accredited Mental Health Social Worker, then they will need to see their GP to confirm their diagnosis and create a Mental Health Plan. This Plan will enable the individual to have at least 6, and up to 10 appointments with a Psychologist or Mental Health Social Worker subsidised every year. The GP may suggest a psychologist, however the individual can choose a different psychologist they would prefer. For remote areas, it will be possible for 7 of the 10 sessions to be done via video conferencing.

Whichever practitioner the referral is for, it is important to find out their waiting lists. If the individual is requiring immediate psychological assistance, then finding a psychologist who can accommodate the timing takes precedence.