

About Ahead Psychology

We are a group of psychologists in private practice in North Brisbane.

We have a strong reputation for providing high-quality, evidence-based counselling services to people suffering from a range of mental health problems causing emotional, behavioural and interpersonal difficulties.

All of our psychologists are registered with the Psychology Board of Australia, Medicare, private health funds and Workcover.

How we can help

Our psychologists provide counselling for children, adolescents, adults and couples.

We have expertise in the treatment of common mental health problems and related issues that people typically present with to their doctor. These include:

- Depression
- Anxiety disorders
- Stress management
- Low self-esteem
- Adjustment disorders
- Psychological recovery from accidents, injury or illness
- Grief & Loss

Why Refer to Ahead Psychology?

- ✓ We value **working collaboratively with Doctors** because we know this helps to achieve better treatment outcomes for your patients.
- ✓ We will **communicate with you** about your patient's treatment progress and attendance.
- ✓ We are **highly experienced** psychologists and treat a range of mental health problems.
- ✓ **We are driven by patient satisfaction** and use this to ensure we deliver outstanding counselling services.

Making a Referral

To make a referral please:

- ✓ **Prepare a referral letter for your patient.** The referral can be to a specific psychologist or a general referral to Ahead Psychology. For general referrals we will match your patient with the psychologist who is best able to meet their needs.
- ✓ **Fax the referral letter to Ahead Psychology on 3352 7793.** Please note in the letter if it is a Medicare Better Access to Mental Health Care referral and send the mental health care plan.
- ✓ **Ask your patient to call Ahead Psychology on 3352 3577 to book.**

If we receive your referral letter before your patient has called we will contact them to set up their first appointment.

We will confirm your patient's attendance at their first appointment and send you progress reports and updates as required

Medicare Rebates for Psychological Services

The Better Access to Mental Health Care initiative



Fact Sheet

Ahead Psychology

Working with Doctors and their patients

Contact Details

Address 2a / 87 Webster Rd Stafford QLD 4053
Phone 07 3352 3577
Fax 07 3352 7793
Email info@aheadpsych.com.au
Post PO Box 3290 Newmarket QLD 4041

Medicare rebates are available for psychological treatment under the Better Access to Mental Health Care initiative.

The scheme provides considerable rebates allowing greater access to psychologists and more affordable mental health care.

See over for more information

MEDICARE REBATES FOR SERVICES PROVIDED BY PSYCHOLOGISTS

Information for Patients.

WHAT PROBLEMS CAN BE TREATED UNDER THE BETTER ACCESS INITIATIVE ?

The Better Access initiative covers people with a range of clinically diagnosable disorders including:

- Anxiety disorders
- Panic disorder
- Adjustment disorder
- Attention deficit disorder
- Bereavement disorder
- Bipolar disorder
- Conduct disorder
- Drug use disorder
- Obsessive compulsive disorder
- Co-occurring anxiety and depression
- Depression
- Eating disorders
- Sleep problems
- Phobic disorder
- Posttraumatic stress
- Psychotic disorders
- Schizophrenia
- Sexual disorders
- Alcohol use disorder

Dementia, delirium, tobacco use disorder and mental retardation are not regarded as mental disorders for the purposes of this initiative.

If you are an existing private client, discuss your eligibility for Medicare Rebates with your psychologist.

HOW CAN I ACCESS SERVICES UNDER MEDICARE?

To get a rebate under the Better Access initiative you need an appropriate referral from a GP, psychiatrist or paediatrician. A referral from a GP must be accompanied by a Mental Health Care Plan.

Psychiatrists and paediatricians can directly refer patients and are not required to develop a specific mental health care plan.

GETTING A REFERRAL FROM YOUR GP

If you plan on seeking a referral from your GP under the Better Access program, it's a good idea to:

- ✓ When you make an appointment, **advise that you are seeking a referral to a psychologist** and would like to discuss getting a Mental Health Care Plan
- ✓ **Book a longer consultation** to allow time to talk about your issues and develop a Mental Health Care Plan
- ✓ **Provide your GP with a copy of this Fact Sheet**, which has details on making a Referral to Ahead Psychology on the back of it.

CAN I REQUEST A REFERRAL TO A SPECIFIC PSYCHOLOGIST

You are entitled to ask your doctor for a general referral to Ahead Psychology (addressed to 'The Psychologist' or 'Dear Psychologist') or to a specific psychologist at Ahead Psychology.

HOW MANY SESSIONS CAN I GET?

Under the Better Access program you can receive up to 10 individual sessions in a calendar year. Your referring doctor will assess your progress after 6 sessions.

CAN YOU PROCESS MY MEDICARE REBATE AT THE TIME OF MY APPOINTMENT?

Yes, in most cases, Medicare Rebates can be processed on the spot, with the funds transferred directly into your bank account.

WHAT ABOUT MY PRIVATE HEALTH INSURANCE?

You cannot use your private health insurance ancillary cover to top up the Medicare rebates for these services. You can use one or the other, but not both.

