



# ASK US

Q AND A'S WITH ALEX & JANE - ALFRED HOSPITAL HTC TEAM

## Mental Health Care

### MENTAL HEALTH CARE

**Q: I am struggling with depression and anxiety at present. How can I get any help with the costs of seeing a counsellor for this?**

A: Arrange a long appointment with a General Practitioners (GP's) and let them know that you want to talk about a mental health care plan. You may need to complete a questionnaire and/or discuss the issues that you are experiencing. If they consider these issues to be consistent with the criteria the GP is able to make a mental health care plan which would entitle you to a Medicare rebate for 6 sessions, if it is going well but you need further sessions your GP can review the plan and extend it for a further 4 more sessions. At the moment there are an additional 10 sessions available due to increases in the funding because of the impact of COVID. Usually the local GP's are best placed to make a referral as they will know the counsellors in your area.

Under this program you are entitled to see a mental health clinician who is a provider with Medicare. You can see a Mental Health Social Worker, a Psychologist, another allied health practitioner, if they are a Medicare provider.

#### TIPS

- If the chemistry is not right, then this may not be the best counsellor for you. Talk to the counsellor or your GP. You are able to use the remaining sessions of your plan with another counsellor.
- If you are a young person aged between 12-25 and need information relating to general mental health, physical health, work and study and alcohol and other drugs, Headspace may be a good and low cost option.
- Use your local HTC as a resource, we can provide short term counselling, personalised advice and referrals, and help assess what would be best for you.
- Your GP is able to make the mental health plan and referral to a counsellor
- Under a mental health plan you will receive a rebate from Medicare, but many agencies are able to provide counselling to low income and health care card holders at a lower rate.
- You may find your local Community Health Centre has counsellors, and fees are assessed depending on your income.

- There are some great online counselling options, including Beyond Blue.

#### USEFUL LINKS

<https://headspace.org.au/headspace-centres/>

<https://www.beyondblue.org.au/>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mental-health-care-plans>





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## Q AND A'S WITH ALEX & JANE - ALFRED HOSPITAL HTC TEAM

### Accessing the NDIS

## ACCESSING THE NDIS

**Q: I'm interested in applying to the NDIS that I've heard about and wonder what sort of things can I apply for?**

A: It is important to have an understanding of the National Disability Insurance Scheme (NDIS) and National Disability Insurance Authority (NDIA).

- The NDIA is the agency that administers the NDIS.
- The NDIS is a scheme that provide funding for your need for services, support and equipment/modifications to the home/car etc. which will enable you to be as independent as possible.

Having haemophilia as a medical condition in itself will not qualify you for the NDIS as it is about the impairments associated with haemophilia that impact on your day to day functioning, and capacity to be independent.

This must be impressed upon in your Access Request form.

- You need to identify your goals and needs.
- Have a physiotherapist/occupational therapist/medical officer assessment to support your request.

To get started:

- Go to the NDIS online to obtain an 'Access Request form' either to be downloaded or sent out.
- Complete this form in consultation with your GP initially and/or your specialist team.
- As an applicant you must be under 65 years of age.
- If you are successful in accessing the NDIS you currently retain this for life.



## USEFUL LINKS

NDIS:

<https://www.ndis.gov.au/applying-access-ndis/am-i-eligible> Ph 1800 800 110

<https://www.ndis.gov.au/how-apply-ndis/what-access-request-form#supporting-evidence-form>

Disability Gateway:

The Disability Gateway has information and services to help people with disability, their family, friends and carers, to find the support they need in Australia.

Ph: 1800 643 787 Monday to Friday, 8am to 8pm AEST

[https://www.disabilitygateway.gov.au/?gclid=CjwKCAjwuvvmH-BhAxEiwAWAYj-D7HMYbjd9x-VaPna7JUXShEbv6tidJ3Cx0QPY-i60JMSB6I6EXIzTiRoCmUcQA-vD\\_BwE&gclid=aw.ds](https://www.disabilitygateway.gov.au/?gclid=CjwKCAjwuvvmH-BhAxEiwAWAYj-D7HMYbjd9x-VaPna7JUXShEbv6tidJ3Cx0QPY-i60JMSB6I6EXIzTiRoCmUcQA-vD_BwE&gclid=aw.ds)