



## Seeking Psychological Help How to Get a Referral Step 1 – Working with Your GP

Please take this information sheet to your GP as it has all the details required for a CBT Referral

### Visiting your GP

The first thing you need to do is make a long appointment with your GP. Let them know your concerns and that you are interested in seeing a psychologist. Your GP will talk to you about what's been happening and assess if you meet the criteria for a referral.

Remember, your GP has a great deal of experience and will be looking for the best way to help you!

### What will my GP ask?

- ✚ Questions about symptoms you may have been experiencing such as mood and motivation changes, sleeping and eating patterns, and physical symptoms
- ✚ Questions about current and past stresses in your life
- ✚ Questions about your current support networks

### Referral Options

- ✚ **Private Referral** – A referral is not required to see a psychologist
  - A private referral involves no communication to a third party [such as a GP]
  - Your service is completely confidential
  - A full fee is charged with no Medicare Rebate available
- ✚ **The Better Access to Mental Health Care Plan** – must have a GP referral
  - Who is this for? - Patients with an assessed mental disorder that significantly impacts their day-to-day life
  - There is a Medicare Rebate available and a reduced out-of-pocket fee
  - If eligible, allows up to 10 individual and 10 group sessions per calendar year
- ✚ **Primary Health Network Psychology Services Program [PHN PSP]** – must have a GP referral
  - Who is this for?
    - Adults and children with mild to moderate mental health issues and identify with one of the seven Hard to Reach Groups (Children aged 0 to 12 years, Culturally and Linguistically Diverse, Aboriginal & Torres Straight Islanders, Perinatal Depression, LGBTI, Suicide Prevention, People at risk of or are homeless)
    - Those who are financially disadvantaged and can't afford mainstream services
    - Those who have not received services under Better Access in the same calendar year
  - The cost of your treatment may be completely covered by this program
  - If eligible, allows up to 6 individual sessions and attendance to a group program

### What's Next – Step 2 Working with CBT

Prana Centre, Suite 3  
832 Southport-Nerang Rd  
Nerang Q 4211  
Ph 07 5668 3490 Fax 07 5596 6255

Fortune Place, Shop 1  
2 Fortune Place  
Coomera Q 4209  
Ph 07 5551 0251 Fax 07 5519 9560

[www.cbtprofessionals.com.au](http://www.cbtprofessionals.com.au)



## Seeking Psychological Help Step 2 – Working with CBT

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### Who We Are

**CBT Professionals** are a team of 20 psychologists & 8 administration staff, selected based on a uniting set of values that define us as a truly caring practice. We provide clinical psychology services for:

- + Adults
- + Children
- + Couples
- + Families and
- + Third parties

You can learn more about our individual team members on our Website - Find Psychologists pages.

### How We Do It

- + We stand against the practice of generic treatments
- + We know every case is unique and needs our best care and attention to create the best treatment approach specific to your situation
- + We provide a client-centred approach ensuring our treatment approach is at all times guided by your individual needs and goals

### Our Location

Our two psychology clinics are conveniently located in the central and northern Gold Coast regions.

#### COOMERA

Fortune Place  
Shop 1, 2 Fortune Street  
Coomera Q 4209  
Ph 07 5551 0251

#### Clinic Hours

|           |              |
|-----------|--------------|
| Monday    | 8am – 5pm    |
| Tuesday   | 8.30am – 5pm |
| Wednesday | 8am – 8pm    |
| Thursday  | 8am – 8pm    |
| Friday    | 8am – 5pm    |
| Saturday  | 8am – 2.30pm |

#### NERANG

Prana Centre  
Suite 3, 832 Southport-Nerang Road  
Nerang Q 4211  
Ph 07 5668 3490

|           |              |
|-----------|--------------|
| Monday    | 9am – 6.30pm |
| Tuesday   | 8am – 8pm    |
| Wednesday | 9am – 8pm    |
| Thursday  | 9am – 5.30pm |
| Friday    | 9am – 5.30pm |
| Saturday  | 8am – 1.30pm |

Please do not hesitate to directly contact us for more information. Our primary goal is to get you back on track and living life to the fullest.

### CBT Professionals - feel good, live well

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