



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 (MHCP)** – 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
 - Depending on circumstances, you may also be eligible for a PHN PSP (below)
- ✚ **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
 1. Children aged 0 to 12 years, 2. Culturally and Linguistically Diverse, 3. Aboriginal & Torres Straight Islanders, 4. Perinatal Depression, 5. LGBTI (lesbian, gay, bisexual, trans, and/or intersex), 6. Suicide Prevention, 7. People at risk of or are homeless)
 - Those who are financially disadvantaged and can't afford mainstream services
 - 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
 - Depending on circumstances, you may also be eligible for a MHCP

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



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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