

Get a Mental Health Care Plan (MHCP) Referral to CBT Professionals

Helping you access expert psychological care with Medicare rebates

Step 1. Book a long appointment with your GP

Tell your GP you'd like to discuss your mental health and see a psychologist. Ask for a Mental Health Care Plan referral to CBT Professionals. Bring this sheet to your GP appointment so you have all the details handy.

Step 2. What is a Mental Health Care Plan?

A Mental Health Care Plan (MHCP) is a referral your GP prepares so you can claim Medicare rebates for psychology sessions. Your GP will talk with you about your wellbeing and decide whether a MHCP is appropriate. With a MHCP, you can receive rebates for up to 10 psychology sessions per calendar year.

Step 3. How much will you get back?

With a MHCP, you'll receive a Medicare rebate for each eligible session. Rebate amounts are set by Medicare and are subject to change each year.

Step 4. Bring your referral to CBT Professionals

Once your GP has completed your plan, they can fax or email your referral directly to us, or you can bring it to your first session.

Email: referrals@cbtprofessionals.com.au

Fax: (07) 5519 9560

Why Choose CBT Professionals?

- Evidence-based therapy for anxiety, depression, trauma, ADHD, and more.
- Experienced psychologists across Helensvale, Nerang, and Mt Gravatt.
- Warm, professional care in a supportive environment.
- Medicare and private health rebates available.

Clinic Details

CBT Professionals

Helensvale | Nerang | Mt Gravatt



(07) 5551 0251

(listen to the options and select your preferred clinic)



www.cbtprofessionals.com.au



admin@cbtprofessionals.com.au



Contact us to book or **Book Online** via [Zanda Client Portal](#)