

Mental Health Treatment Plan for Grief.

Grief is the natural response to loss and it can affect every part of our life including our thoughts, behaviours, beliefs, feelings, physical health and our relationship with others.

Grief is a very personal experience and as long as you aren't causing harm to yourself or others, there is no right or wrong way to grieve. For some people having the support of family and friends around them is enough to get them through their grief, while others may need support or counselling from a professional. If you feel you may need some additional support, the best person to talk to is your GP, they can discuss a Mental Health Treatment Plan with you.

When you see your GP, they'll assess what help you need. This could include:

- Making a mental health assessment
- Creating a mental health treatment plan
- Referring you to a psychiatrist or other mental health professional
- Giving you a prescription for medicines to treat depression or anxiety.

A mental health treatment plan will allow you to access Medicare rebates for individual psychological appointments, these can be used to see a psychologist, social worker or occupational therapist. Your mental health treatment plan will have goals agreed by you and your doctor. It'll also have:

- Treatment options
- Support services available.

Keep in mind your health information and treatment plan will be private. Doctors can't share your information unless you agree to it.

Help with costs

A mental health treatment plan lets you claim up to 10 sessions with a mental health professional each calendar year. You can't get Medicare rebates for all the sessions in one go. After 6 appointments, you need to see your GP again for a mental health review. They can then decide if you need a referral for further sessions.

To start with, your doctor or psychiatrist will refer you for up to 6 sessions at a time. If you need more, they can refer you for further sessions. Health professionals set their own fees, so we may only cover some of the cost. Ask how much you'll pay and what you'll get back from us when you make your appointment. If they bulk bill, you won't have to pay anything. If you have private health insurance, you may be able to get some money back. You can check with your insurer.

Rural and remote support

If you live in a remote area, it might be hard to see a mental health professional. You may be able to have a telehealth video consultation instead. You can claim for video consultation sessions with a mental health professional.

Ask your GP or mental health professional if they offer this service. You can also search the [find a health service tool](#) on the healthdirect website for mental health telehealth services.

Read more about [telehealth services for people in rural and remote areas](#) on the Department of Health and Aged Care website. Find out more about [Medicare services for rural and remote Australians](#).