

# A FELLA'S GUIDE TO: MENTAL HEALTH CARE PLANS



TORQUE IT OUT  
MENTAL HEALTH SERVICE

## WHAT IS A MENTAL HEALTH CARE PLAN?

A Mental Health Care Plan is a simple way to get access to professional help when you're struggling with your mental health. It's a written plan from your GP (family doctor) that outlines the support and services you can use to feel better.



## HOW DOES IT WORK?

- **Make a GP Appointment:**

Book an appointment with your GP and let them know you want to talk about your mental health.

- **Have an Honest Chat:**

Your GP will ask questions about how you're feeling, what's been happening, and what kind of support you might need.

- **Create a Plan Together:**

Your GP will work with you to make a Mental Health Care Plan, which could include referrals to professionals and strategies to improve your mental health.

- **Get Subsidized Sessions:**

With the plan, Medicare covers part of the cost for up to 10 sessions a year with a mental health professional.

## HOW TO GET STARTED

1. Call your GP and book a longer appointment (tell them it's for a Mental Health Care Plan).
2. Write down a few notes about how you've been feeling to help explain it during the appointment.
3. Bring your Medicare card to the appointment.

**You wouldn't ignore a broken leg, so don't ignore your mental health.  
A Mental Health Care Plan is just a tool to help you get back on track.  
Take the first step today—you deserve to feel good.**

**Wheelnutz Garage Specialist Service**  
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