

GP referral options



This fact sheet is about how your GP can support you while you are on an involuntary community order for mental health in Queensland, under the Mental Health Act 2016. This support may help you work towards coming off your order.

Refer to a psychiatrist for a management plan

Your GP can refer you to a psychiatrist for a one-off assessment and management plan. Your GP would then provide ongoing management based on the psychiatrist's plan.

At the time of the assessment, the psychiatrist will examine your current mental state and review your diagnosis and clinical needs. Then they will provide a report or letter to your GP.

It is important that you establish good rapport with your GP as they will be the person who provides ongoing care.

Refer to a psychiatrist for ongoing management

Your GP can refer you to a psychiatrist for ongoing care and management.

A referral from your GP will last for 12 months. You can request an indefinite referral, which means you will not be required to renew your referral, however these are less common.

Refer to a psychologist for ongoing management

Your GP can write a Mental Health Care Plan (MHCP), which means you can have 6 sessions with a psychologist with a Medicare rebate. After 6 sessions, the psychologist will provide a report to your GP. This is not a second opinion. If you are happy with your progress and feel comfortable with the psychologist, your GP can renew the MHCP for another 4 sessions with a Medicare rebate. After a total of 10 sessions in a calendar year, you will not be able to get any more Medicare rebates until the new year starts and you get a new referral.

Combinations

You could ask to see both a psychiatrist and psychologist for ongoing management. You could ask to see a psychiatrist for an assessment and see a psychologist for a specific type of therapy, such as Cognitive Behavioural Therapy (CBT).

Fees

If you are experiencing financial hardship or hold a concession card, it is important to discuss this with your GP when they make the referral. They will usually consider this and see if they can refer you to a psychiatrist who may reduce the fee, or on occasion, bulk-bill the appointment.

Need help?

If you would like more information or legal advice about involuntary mental health treatment, please contact us.

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This fact sheet has been written by Queensland Advocacy for Inclusion (QAI), an independent, community-based systems and advocacy organisation for people with disability in Queensland.

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