

Thank you for choosing The Kind Collective



A guide for your GP referral

Seeking support can feel like a big step. Navigating the paperwork doesn't have to be. This guide has been created to help you and your GP prepare the documentation required for Medicare rebates, making the process as smooth as possible so you can focus on what matters most - beginning therapy.

Kindly note, Medicare requirements may change over time. This guide is current as of July 2026

If you would like to access Medicare rebates for your psychology sessions, your GP will need to prepare a Mental Health Treatment Plan [MHTP] [or review your existing plan] and provide a referral under the Better Access Initiative.

To be valid for Medicare, the referral letter must include specific information. This guide outlines those requirements and can be taken to your GP appointment to help ensure everything needed is included.

Please note: Both a valid referral letter and a MHTP are required before Medicare rebates can be claimed, and we can no longer accept the MHTP without the accompanying referral. If any required information is missing, we may need to request an updated referral from your GP before rebates can be processed.

Your referral letter should include

- The date of the referral
- Your full name, date of birth and residential address
- A brief outline of your presenting symptoms or concerns, including a provisional or confirmed diagnosis (where appropriate).
- Any current medications
- The number of psychology sessions being referred –

This must clearly specify the number of sessions requested – Under Medicare, a maximum of 10 individual sessions are available per calendar year, with no more than six sessions referred at one time. The referral cannot exceed the number of Medicare-rebated sessions you have remaining for that calendar year. i.e. if you have already accessed 8 sessions this calendar year, the referral can not request more than 2 additional sessions.

- Confirmation that a Mental Health Treatment Plan has been completed
- Your GP's name, provider number, signature [electronic signatures accepted] and the date

Questions?

If your GP practice has any questions, they are very welcome to contact The Kind Collective. I value working collaboratively with your GP to support you in accessing the care you need.



Referral Details

Kindly ask your GP to address the referral to:

Aimée Larum - Psychologist, The Kind Collective

📍 Address: PO Box 257, Sylvania Southgate NSW 2224

📞 Phone: 0416 709 247

📠 Fax: 02 8365 8973

✉ Email: aimee@the-kindcollective.com.au

🌐 Website: www.the-kindcollective.com.au



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