

## Mental Health Care Plan Information

Certain individuals are eligible for bulk-billed counselling, funded by Medicare under a Mental Health Care Plan (MHCP). This referral is issued by a general practitioner (GP) and allows individuals, over the course of 12 months, to access both:

- 10 individual counselling sessions – an initial six, followed by a GP review appointment, then the last four.  
Note: In 2020 the Federal Government announced a COVID-19 support measure of 10 additional counselling sessions per MHCP. Until 30/6/2022, Victorians can receive a total of 20 sessions per calendar year under a MHCP.
- 10 group counselling sessions – these can be used with a different practitioner than the counselling sessions.

Hampton Park Secondary College has partnerships with local clinicians who support our students via MHCP, at no cost to families. Our clinicians are very knowledgeable in adolescent mental health and have years of experience working with young people and their families, to address adolescents' needs.

Our clinicians visit the college one day per week each to provide in-person support and can offer telehealth options to students as required – i.e. when in person support is not possible because of COVID-19 safety protocols.

If you would like more information regarding the services that our clinicians provide, please see the college website or contact us: Wellbeing Team – 8795 9400 or [contact\\_wellbeing@hpsc.vic.edu.au](mailto:contact_wellbeing@hpsc.vic.edu.au).

### **How does my child access a Mental Health Care Plan for counselling?**

1. Book an appointment with your child's GP (or your child can visit the GP that attends HPSC via the Doctors in Secondary Schools Program). Often, it is best to ask reception at the time of booking whether you need a double appointment, as GPs need to complete paperwork which may take longer than the standard 10 minutes.
2. Ensure your child attends their appointment. Inform the GP that you are there because you have discussed counselling with your child and the school, and you would like to access a Mental Health Care Plan.
3. The GP will take you and your child through some paperwork, asking your child various questions about their general health, family history, how they are feeling, and what they are having difficulty with.
4. The GP will put this information into a document that is generally between four and six pages long. This document will be printed and given to you, to return to the school. This document is kept confidential and will only be shared with the clinician that will be seeing your child.
5. The MHCP needs to be provided to the Wellbeing Team at HPSC (hardcopy or email), who will book your child's appointment with the clinician. In-person appointments will appear on your child's Compass timetable as 'meeting,' so that they are reminded when to attend their appointment.
6. Occasionally, GPs may address the MHCP to a local psychologist instead of to the one at our college. If the clinician on your paperwork needs to be changed, please contact your GP. Some clinics may be able to reissue MHCP paperwork with the correct details, while others may require you to make another appointment.

### **Hampton Park Secondary College Clinician Details:**

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