

Appointments at headspace Onkaparinga



Providing support for someone facing challenges can involve a range of different allied health professionals and services; the team at **headspace** Onkaparinga will work together to help provide you with the best type of support you might need.

Some of the people you might work with could include:

- psychologists
- occupational therapists
- doctors
- alcohol and other drug counsellors
- social workers
- mental health nurses
- psychiatrists
- vocational and educational consultants

When you talk with a counsellor at **headspace** Onkaparinga, it's important that you feel safe and comfortable; we'll do our best to make sure this happens.

If you think visits to **headspace** Onkaparinga aren't working out, there could be a few reasons: it might be because it's hard to talk about what's on your mind, or it might be that you and your counsellor aren't the right fit. Either way, don't give up; the team at **headspace** Onkaparinga want to support you to make things work.

Talk to your counsellor about how you are feeling and together, you can find a way forward.



What can you expect at your first appointment?

It's okay to feel nervous about getting help for the first time, so it can be helpful to bring along a family member or friend. As you get to know and trust the person you talk to, you will probably find that it gets easier to talk about what's going on.

headspace Onkaparinga counsellors are interested in finding out what is important and what you would like to focus on. You will be asked a range of questions, and you will also have the opportunity to ask any questions that you might have about headspace or your mental health. Appointment times can vary, with most going for about 50-60 minutes.

Are there any costs involved at headspace Onkaparinga?

Services at **headspace** Onkaparinga are either free or bulk-billed. Some services may require a referral from a doctor (e.g. Mental Health Care Plans etc.) but we will be able to help you with this, should there be any difficulties getting these types of documents.

If you have a Medicare card, Medicare will cover the costs associated with using a Mental Health Treatment Plan at **headspace** Onkaparinga. There may be costs involved (gap fees) when either attending a medical practice or when using a

Mental Health Treatment Plan at a private practice, so it's worthwhile asking about this when you book these types of appointments.

If you need further information about Medicare, or how to apply for a Medicare card, you can call **132 011** or head to the website **humanservices.gov.au** for more information or to find an office.

headspace and Digital Work and Study services are free, but if you contact these services from a mobile, charges may apply.

What is a Mental Health Care Plan?

A Mental Health Care Plan (sometimes also called a Treatment Plan) is a plan written by a doctor, to help identify what kind of support you may need if you are facing challenges, or have concerns with your mental health and wellbeing.

A doctor will create a Care Plan with you, to identify what kinds of mental health or other supports could be helpful, to help you set goals, and will refer you to the best suited local health services that can help you to achieve these goals.

Mental Health Care Plans are an initiative of Medicare, that assist you to access support services for up to **six mental health service sessions per calendar year (Jan-Dec)**.

Depending on how you are feeling after your first six sessions, you can return to your doctor to review your Care Plan, and to organise **for a Care Plan Review and an additional four sessions**.

This will take your available support sessions from six to ten in total for the calendar year.



Mental Health Care Plans should be reviewed regularly to make sure they meet your needs. Changes in your health or situation may mean you need to make a new plan with your doctor. You should continue to see the same doctor for ongoing reviews if possible, and review dates should be written into your Care Plan when they are completed or updated.