

FOR YOU, TO TAKE TO THE APPOINTMENT

What to ask your GP for.

You don’t need to explain Medicare to your doctor. You just need to ask for the right thing by name — and know that seeing an Accredited Mental Health Social Worker is covered.

Before you go

Book a longer appointment. A mental health plan takes more than a standard consult, and rushing it is the main reason people leave without one.

Go to your usual GP practice. Since 1 November 2025 the plan has to be prepared by your MyMedicare-registered or usual practice for the rebate to apply.

You don’t need a diagnosis first. And you don’t need the plan before you book with us — it only changes what Medicare pays, not whether you can be seen.

Say this

“I’d like to talk about a Mental Health Treatment Plan. I’ve found an Accredited Mental Health Social Worker I’d like to see — Lauren Lynch at Body Belonging Clinic in Nedlands. She’s a Medicare provider under Better Access, and she also works by telehealth.”

If eating, food or body image is part of what’s going on, add:

“Could we also look at whether I’m eligible for an Eating Disorder Plan? She’s an ANZAED Credentialed Eating Disorder Clinician, so she can work under one — that’s up to 40 rebated sessions a year instead of 10, plus dietitian sessions.”

What it costs

A standard session	\$200 · 55 minutes
Medicare rebate	\$89.50 with a plan and referral
Roughly out of pocket	about \$110.50 — we claim it at the session, so there’s nothing to lodge
Without a plan	\$200, no referral needed — you can simply start

If the gap is the problem, say so. There are concession places, and Aboriginal and Torres Strait Islander clients are bulk-billed with a valid referral, at no cost. Belonging shouldn’t depend on what you can pay.

If your GP isn’t sure

Plenty of GPs haven’t been told that Accredited Mental Health Social Workers are eligible providers under both Better Access and the Eating Disorder Plan. They are. **Hand them page 2** — it has the item numbers and the details they need. Or ask them to call us on 0493 117 185 and we’ll sort it out directly.

FOR THE REFERRING PRACTITIONER

Referring to an AMHSW.

Everything needed to write the plan and the referral, on one page.

The clinician

Name	Lauren Lynch (she/her)
Accreditation	Accredited Mental Health Social Worker (AMHSW) · AASW #461419
Also credentialed	ANZAED Credentialed Eating Disorder Clinician (CEDC-MH) · verifiable at connected.anzaed.org.au
Practice	Body Belonging Clinic · Nedlands, Perth WA 6009
Delivery	In person in Nedlands, and telehealth Australia-wide
Contact	0493 117 185 · admin@bodybelongingclinic.com.au · bodybelongingclinic.com.au/referrals

MBS items

Item	Service	Benefit
80160	AMHSW, consulting rooms, ≥50 min	\$89.50
91176	AMHSW, video telehealth, ≥50 min	\$89.50
82379	Eating disorder treatment, rooms, ≥50 min	\$89.50
93103	Eating disorder treatment, video, ≥50 min	\$89.50
91175	AMHSW, video, 20 to under 50 min	\$63.40

Benefits are the 85% Medicare benefit in force from 1 July 2026. The four \$89.50 items each require a session of at least 50 minutes; sessions here run 55.

The two pathways

GP Mental Health Treatment Plan — 10 rebated sessions per calendar year. From 1 November 2025 the plan must be prepared by the patient’s MyMedicare-registered or usual GP practice for rebates to apply.

Medicare Eating Disorder Plan — up to 40 rebated psychological sessions in 12 months, plus up to 20 dietetic sessions. Review at session 10 (GP), session 20 (GP and psychiatrist or paediatrician — that referral is best made at the initial appointment or the 10-session review) and session 30 (GP). AMHSWs are eligible providers.

What we do at our end

Every referral is confirmed within 48 hours and we contact the patient directly to arrange a first appointment. Written updates follow at the start of care, at plan review and at closure — and immediately on any material change in risk.

Clinical focus: eating disorders and disordered eating (AN, BN, BED, OSFED, ARFID), the ADHD–eating overlap, autistic eating, body image and identity-affirming care. Weight-inclusive and trauma-informed; children, adolescents, adults and families.

Please include on the referral: the plan type, the date prepared, the number of sessions, and whether it is a new plan or a review. Detailed clinical information is welcome by secure email rather than through the website.