



GP Tele-Mental Health Service

Introduction

In response to our community's rising mental health burden, we are launching a telehealth GP mental health service including psychological treatment in the form of cognitive behavioral therapy, by Dr. Mohamed Almarzooqi

What is a Cognitive Behavioral Therapy?

Cognitive Behavioral Therapy (CBT) is an evidence-based therapeutic approach that can effectively treat a variety of mental health conditions including depression & anxiety.

It focuses on the relationship between thoughts, feelings, & behaviors; with the aim to empower individuals to identify and change unhelpful patterns of thinking and behavior, leading to improved mental & emotional wellbeing.

Mental Health Care Plans

To optimise the effectiveness of psychological therapy & minimise the financial burden of treatment via Medicare; therapy should be provided as a part of a comprehensive Mental Health Care Plan (MHCP), developed by a person's regular GP or psychiatrist.

To assess if you are eligible for a MHCP, please book a mental health consultation with your regular doctor. If you do not have regular GP, you can see Dr. Almarzooqi.

Please note that development of a MHCP, requires a minimum of two consultations, depending on the complexity of your needs.

Appointments can be done via video call (preferred) or telephone. First appointments should be done via video. Please bring any previous MHCPs and medications to your appointments.

Are there any costs?

We are a private billing service, please see our service fees below:

- Focused Cognitive Behavioural Therapy (CBT) session - 45 mins (\$300 - Medicare rebate \$146.10)
- Mental Health Consultation - 30 mins (\$155 - rebate \$78.95)
- Mental Health Care Plan - 30 mins (\$180 - rebate \$100.20)

Referrals

All Referrals to be directed to plaza medical centre via Fax, email or Healthlink:

Address:

335 Hannan St, Kalgoorlie, WA, 6430

Phone: (08) 9021 3988

Fax: (08) 9091 5761

e-mail:

reception@plazamedicalkalgoorlie.com.au

Healthlink: plazamc

Following referral, patients will be contacted by reception to book their appointment.

All bookings to be done via phone

Suicide & Crisis Support

If there's an immediate risk of harm to yourself or others, please call:

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If you are feeling suicidal, or want to support someone who is, talk to a crisis counsellor now, call:

Lifeline 13 11 14

Every 30 seconds, a person in Australia reaches out to Lifeline for help.

Also, for 24/7 counselling to people affected by suicide call:

Suicide Call Back

1300 659 467