

GP Quick Reference Guide: Mental Health Treatment Plans (MHTPs)

A Mental Health Treatment Plan (MHTP) enables access to Medicare-rebated sessions for patients with a diagnosed mental disorder. It provides a structured framework for mental health care and allows referral to psychologists and allied health professionals.

- The MHTP is a *living document* and does not expire. Generally, there is no need for another MHTP unless there is a significant change or new diagnosis.
- A MHTP referral letter is required and becomes invalid once the referred sessions are used.

	MBS Item(s)	Purpose	Sessions
Mental Health Treatment Plan	2700, 2701, 2715, 2717	Prepare MHTP Issue initial referral	Up to 6 sessions
Review of MHTP	2712	Assess progress and update plan	Authorises further sessions
Re-referral	2712, 2713, 2715/17	Authorise access to further sessions	Authorises further sessions

Important: GPs must bill a *mental health item* (e.g. 2712, 2713, 2715/17) to authorise further Medicare sessions. Standard consults (e.g. 23/36) are not sufficient.

Quick Reminders for GPs

- Only prepare new MHTPs if clinically necessary (e.g. major diagnostic or life change).
- Reviews (2712) are recommended after the first 6 sessions — they allow structured evaluation and ensure appropriate use of further services.
- Reviews are recommended between 4 weeks and 6 months after the initial MHTP, and may be repeated if needed, no more than once every 3 months.
- MH Consults (2713) offer flexibility — they can be used when a formal review is not practical (e.g. time constraints, clinical judgement), and still allow a re-referral.
- Re-referrals can be issued during a 2712, 2713, or 2715/2717 consult.
- Always specify the number of sessions being referred in the referral letter.
- Patients are eligible for 10 individual and 10 group rebated sessions per calendar year.
- Any unused sessions can be used in a new calendar year.

References & Resources

- [GPMHSC FAQ – MHTP Guidance](#)
- [FACT SHEET FOR GENERAL PRACTITIONERS](#)

