

# COVID-19 MBS

## GP Mental Health Treatment Plan

### Additional Services

The General Practitioner Mental Health Treatment Plan (GP MHTP) Medicare Benefit Schedule (MBS) items provide rebates for GPs providing mental health treatment to patients. This includes assessing a patient, planning, providing and/or referring to appropriate services, reviewing and providing ongoing management as required.

From 9 October 2020 until 30 June 2022, an additional 10 individual psychological therapy sessions are available to eligible people under the existing Better Access to Psychiatrists, Psychologists and General Practitioners through the MBS (Better Access) initiative.

#### Eligibility

To access these additional sessions, people must have an approved treatment plan (either a Mental Health Treatment Plan, shared care plan, psychiatrist assessment and management plan or approved written record) and have undertaken a review of this plan with their GP psychiatrist or paediatrician. This will allow them to continue to receive mental health care from their eligible psychologist, GP or other eligible allied health worker.

From 9 October 2020, the requirement for people to be subject to self-isolation, quarantine or a PHO restricting movement within a state or territory in order to access the additional sessions has been removed.

#### What are the changes?

New temporary item groups have been added to the MBS for mental health treatment items for eligible people. The new services are:

- 12 new face-to-face, telehealth and phone items for focussed psychological strategy treatment services performed by GPs and other medical practitioners working in general practice (Group A41);
- Six new face-to-face, telehealth and phone items for psychological therapy treatment services performed by clinical psychologists (Group M25);
- 18 new face-to-face, telehealth and phone items for focussed psychological strategy treatment services performed by psychologists, occupational therapists and social workers (Group M26). These services must comply with current rules for COVID-19 temporary MBS telehealth items.

Medicare rebates are available for up to 10 additional individual mental health sessions. **This quota may be claimed in each calendar year from 9 October 2020 to 30 June 2022, with a maximum of 20 individual Better Access sessions available each year.**

#### Face to Face Services Item Numbers:

Focused Psychological Strategies (FPS) By General Practitioner		
<ul style="list-style-type: none"> <li>• Undertaken by a general practitioner who <b>has</b> undertaken mental health skills training.</li> </ul>		
Item Number	Fee*	Description and recommended frequency
93300	\$112.50	Minimum 30 minute, maximum 40 minute consultation at consulting rooms for FPS for assessed mental disorders.
93303	\$161.00	Minimum 40 minute consultation at consulting rooms for FPS for assessed mental disorders.
Focused Psychological Strategies (FPS) By Medical Practitioner (Non-specialist)		
<ul style="list-style-type: none"> <li>• Undertaken by a medical practitioner, other than a GP or Specialist, who <b>has</b> undertaken mental health skills training.</li> </ul>		
Item Number	Fee*	Description and recommended frequency
93306	\$90.00	Minimum 30 minute, maximum 40 minute consultation at consulting rooms for FPS for assessed mental disorders.
93309	\$128.80	Minimum 40 minute consultation at consulting rooms for FPS for assessed mental disorders.

Psychological Therapy Services by Clinical Psychologist		
Item Number	Fee*	Description and recommended frequency
93330	\$102.85	Minimum 30 minute, maximum 50 minute consultation at consulting rooms.
93333	\$151.05	Minimum 50 minute consultation at consulting rooms
Focused Psychological Strategies (FPS) By Psychologist		
Item Number	Fee*	Description and recommended frequency
93350	\$72.90	Minimum 20 minute, maximum 50 minute consultation at consulting rooms.
93353	\$102.85	Minimum 50 minute consultation at consulting rooms
Focused Psychological Strategies (FPS) By Occupational Therapist		
Item Number	Fee*	Description and recommended frequency
93356	\$64.20	Minimum 20 minute, maximum 50 minute consultation at consulting rooms.
93353	\$90.70	Minimum 50 minute consultation at consulting rooms
Focused Psychological Strategies (FPS) By Social Worker		
Item Number	Fee*	Description and recommended frequency
93362	\$64.20	Minimum 20 minute, maximum 50 minute consultation at consulting rooms.
93365	\$90.70	Minimum 50 minute consultation at consulting rooms

## Telehealth and Services

- Use of these telehealth and phone items must comply with current rules for COVID-19 temporary MBS telehealth items.
- GPs and Other Medical Practitioner (OMP) working in general practice can only perform a telehealth or phone service where they have an existing relationship with the patient. Currently, patients in COVID-19 impacted areas are exempt from these requirements.
- There are separate items available for the phone services. Further information about COVID-19 Temporary MBS Telehealth Services can be found on the MBS Online website at [mbsonline.gov.au](http://mbsonline.gov.au).

## Telehealth and Telephone Services item numbers:

Focused Psychological Strategies (FPS) By General Practitioner		
<ul style="list-style-type: none"> <li>• Undertaken by a general practitioner who <b>has</b> undertaken mental health skills training.</li> </ul>		
Item Number	Fee*	Description and recommended frequency
93301	\$112.50	Telehealth Attendance: Minimum 30 minute, maximum 40 minute for FPS for assessed mental disorders.
93302	\$112.50	Phone attendance: Minimum 30 minute, maximum 40 minute for FPS for assessed mental disorders.
93304	\$161.00	Telehealth attendance: Minimum 40 minute consultation for FPS for assessed mental disorders.
93305	\$161.00	Phone attendance: Minimum 40 minute consultation for FPS for assessed mental disorders.
Focused Psychological Strategies (FPS) By Medical Practitioner (Non-specialist)		
<ul style="list-style-type: none"> <li>• Undertaken by a medical practitioner, other than a GP or Specialist, who <b>has</b> undertaken mental health skills training.</li> </ul>		
Item Number	Fee*	Description and recommended frequency
93307	\$90.00	Telehealth Attendance: Minimum 30 minute, maximum 40 minute for FPS for assessed mental disorders.
93308	\$90.00	Phone attendance: Minimum 30 minute, maximum 40 minute for FPS for assessed mental disorders.
93310	\$128.80	Telehealth attendance: Minimum 40 minute consultation for FPS for assessed mental disorders.
93311	\$128.80	Phone attendance: Minimum 40 minute consultation for FPS for assessed mental disorders.
Psychological Therapy Services by Clinical Psychologist		
Item Number	Fee*	Description and recommended frequency
93331	\$102.85	Telehealth Attendance: Minimum 30 minute, maximum 50 minutes.
93332	\$102.85	Phone attendance Minimum 30 minute, maximum 50 minutes.
93334	\$151.05	Telehealth attendance: Minimum 50 minutes.
93335	\$151.05	Phone attendance: Minimum 50 minutes.

Focused Psychological Strategies (FPS) By Psychologist		
Item Number	Fee*	Description and recommended frequency
93351	\$72.90	Telehealth Attendance: Minimum 30 minute, maximum 50 minutes.
93352	\$72.90	Phone attendance Minimum 30 minute, maximum 50 minutes.
93354	\$102.85	Telehealth attendance: Minimum 50 minutes.
93355	\$102.85	Phone attendance: Minimum 50 minutes.
Focused Psychological Strategies (FPS) By Occupational Therapist		
Item Number	Fee*	Description and recommended frequency
93357	\$64.20	Telehealth Attendance: Minimum 30 minute, maximum 50 minutes.
93358	\$64.20	Phone attendance Minimum 30 minute, maximum 50 minutes.
93360	\$90.70	Telehealth attendance: Minimum 50 minutes.
93361	\$90.70	Phone attendance: Minimum 50 minutes.
Focused Psychological Strategies (FPS) By Social Worker		
Item Number	Fee*	Description and recommended frequency
93363	\$64.20	Telehealth Attendance: Minimum 30 minute, maximum 50 minutes.
93364	\$64.20	Phone attendance Minimum 30 minute, maximum 50 minutes.
93366	\$90.70	Telehealth attendance: Minimum 50 minutes.
93367	\$90.70	Phone attendance: Minimum 50 minutes.

*These items are applicable if the patient is referred under a GP Mental Health Treatment Plan or by a specialist or consultant physician in psychiatry or paediatrics.*

Source: [www.mbsonline.gov.au](http://www.mbsonline.gov.au) (Oct 2020) – refer to source for full item details including eligibility & restrictions guidelines.

\* 85% rebate applies to these item numbers. Refer to MBS (Medicare Benefits Schedule) for full patient eligibility.

## More information

Advice on the MBS items and further guidance is available at:

- [Practice Assist Factsheet - COVID-19 MBS Telehealth Services Mental Health](#)
- [Practice Assist Factsheet - MBS Items for GP Mental Health Treatment Plan](#)
- [GP Mental Health Treatment Medicare Items Frequently Asked Questions](#)
- [www.mbsonline.gov.au](http://www.mbsonline.gov.au)
- [MBS Factsheet – Additional 10 MBS mental health sessions during COVID-19 under the Better Access Pandemic Support measure](#)
- [Department of Health - Additional 10 MBS mental health sessions during COVID-19](#)
- [Department of Health - Additional 10 MBS Mental Health Sessions during COVID-19 Frequently Asked Questions \(FAQs\) for Consumers](#)