

**1**  *See your Gp*

Make a double appointment with your GP. The initial appointment may take some time, and your GP may have you answer some questionnaires.



**2**

*Referral*

Your GP will refer you to a mental health clinician for an initial 4 to 6 medicare rebatable sessions



**3**  *Treatment Review*

After the first 10 sessions, your mental health clinician will send a letter to your GP updating them on treatment progress.

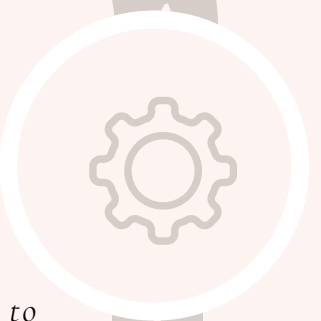
*Gp Review*

**4** You will need to make an appointment to re-visit your GP for review also. You will not be able to attend more than 10 sessions if you do not first visit your GP.



*Psychiatrist Referral* **5**

As a part of your first or second assessment visit, or as a part of the renew visit, you will need the referral to a psychiatrist and book in a date with someone which will fall somewhere between your 10th and 20th session with your practitioner.



*You might need to shuffle this around, but the important thing is to book it as there may be long waiting times!*

**6**

*Psychiatrist*

The psychiatrist will assess you for eligibility for the next 20 sessions. You will not need to go through the EDE-Q again – this is a general assessment when they will look at how well you are engaging in treatment, how often you're going, and what the next steps are.



**7**  *Final 10 sessions*

Your next GP visit will be after 30 sessions with your practitioner for your renewal for the final 10 sessions.

