

# *Non-directive pregnancy support counselling*

## Information for referring general practitioners

### **What is it?**

Non-directive pregnancy support counselling is a form of counselling based on the understanding that, in many situations, people can resolve their own problems without being provided with a solution by the counsellor.

The service involves the counsellor undertaking a safe, confidential process that helps the client explore concerns they have about a pregnancy or postnatal issue. This includes providing unbiased, evidence-based information about all options and services available to the client, where requested.

The MBS item number is 81005 – services provided by an Accredited Social Worker. For Telehealth the item number is 93026

### **Who can access it?**

Any person can access counselling sessions with me. However, to claim the Medicare rebate they need to either be pregnant, or have been pregnant in the preceding 12 months. This includes women who have experienced pregnancy/infant loss.

### **How much does it cost?**

The full fee for a one hour counselling session is \$155 (\$110 concession).

The Medicare rebate is \$65,75 therefore the out of pocket fee for each session with the rebate is \$89.25 non-concession / \$44.25 concession.

### **For how many sessions can a rebate be claimed?**

They can claim a rebate for up to three sessions per pregnancy.

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## Is a GP referral needed?

Yes, if they want to claim the Medicare rebate for up to three sessions they need a GP referral. Otherwise the full fee of \$155 (\$110 concession) per one hour session is payable.

**Please note: I cannot accept Mental Health Treatment Plans.**

## What does the GP need to write on the referral?

Their provider number

Clients name

A request for non-directive pregnancy support counselling

Any relevant clinical information

## Where are the counselling sessions?

I will be using a consulting room at the Liefde Wellness Centre in Seaford. Starting with a few hours a week and building days and times when there is demand. I also offer telehealth with flexible hours available.

**Home visits are also available at a cost of \$230 per 90 minute session plus travel fee if they live 10km outside of Seaford.**

## How do they book?

I have Halaxy set up. There is a booking link on my website [www.amamaisborn.com.au](http://www.amamaisborn.com.au) I can also be emailed to book in if there is questions before booking [rachael@amamaisborn.com.au](mailto:rachael@amamaisborn.com.au)

## What's the difference between non-directive pregnancy support counselling and perinatal counselling?

I use the terms fairly inter-changeably, however non-directive pregnancy support counselling is the official name of the service you can claim a Medicare rebate for.

