

INFORMATION FOR REFERRERS

How to refer

Send the referral and the Mental Health Treatment Plan to info@aligned-minds.com.au. We confirm receipt and contact the patient directly to arrange an appointment.

WHAT THE REFERRAL MUST INCLUDE

A Mental Health Treatment Plan is not itself a referral. For the rebate to be payable, a separate written referral is required, signed and dated by the referring practitioner, including:

- The patient's name, date of birth and address
- The patient's symptoms or diagnosis
- A list of current medications
- The number of services the patient is being referred for
- A statement that a Mental Health Treatment Plan or Psychiatrist Assessment and Management Plan has been prepared

WHO CAN REFER

Since 1 November 2025, referrals must come from a GP or prescribed medical practitioner at the patient's MyMedicare registered practice, or from the patient's usual medical practitioner, or directly from a psychiatrist or paediatrician. We must hold the referral before the first session.

OTHER PATHWAYS

Patients may also attend without a referral on a self funded basis. Workers compensation referrals are accepted, and Shadi Gray is SIRA approved to complete certificates of capacity (approval number 24938).

Aligned Minds Group

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If you are unsure whether a particular presentation is a good fit, call and we will talk it through before you write the referral.