

Upcoming changes to Better Access initiative

From 1 November 2025, changes will be made to the Better Access to Psychiatrists, Psychologists and General Practitioners Initiative through the Medicare Benefits Schedule, subject to the passage of legislation. Consistent with recommendations in the Better Access Evaluation published in 2022, the changes will:

- Improve the Better Access Initiative to better meet the needs of individuals and improve equity of access to mental health supports and services
- Support the holistic relationship between a patient and their healthcare provider, leading to improve patient outcomes
- Reduce the administrative burden and complexity for GPs and PMPs by providing greater flexibility by using time-tiered professional (general) attendance MBS items to review a mental health treatment plan (MHTP), refer a patient for mental health treatment and undertake general mental health consultations.

Overview of the changes:

From 1 November 2025:

- A Medicare benefit will only be payable for MHTP preparation, referrals for treatment services and reviews of a MHTP when a patient has seen either a GP/PMP at the patient's **MyMedicare registered practice** or if the patient is not registered with MyMedicare, their **usual medical practitioner**. These requirements do not affect patients who have been referred via a Psychiatrist Assessment and Management Plan or by a direct referral from an eligible psychiatrist or eligible paediatrician.
- GP and PMP MHTP review items (2712, 92114, 92126, 277, 92120, and 92132) and GP and PMP ongoing mental health consultation items (2713, 92115, 92127, 279, 92121 and 92133) will be removed from the MBS.
- Further details can be viewed at [MBS Online - Better Access changes from 1 November 2025](#).

Key points:

- **Removal of the 12 review and mental health consultation items** provides GPs and PMPs greater flexibility to use the most appropriate time-tiered professional (general) attendance item, reflecting the time spent with patients. This includes items for longer consultations and, where applicable, the triple bulk billing incentive to review MHTPs and deliver mental health care and support to patients.
- Any MHTP referral dated **prior to 1 November 2025 will remain valid** until all treatment services specified in the referral (within the maximum session limit for the course of treatment) have been delivered to the patient.
- The MyMedicare and usual medical practitioner requirements will also apply to **GP/PMP telehealth items for MHTPs**, with these services no longer exempt from the established clinical relationship rule. Further information on the GP MBS telehealth (video and phone) established clinical relationship criteria and exemptions will be available from 1 November 2025 in explanatory note [AN.1.1](#) on MBS Online.
- These changes do not affect focussed psychological strategies which can continue to be available to any patient from any eligible GP and eligible PMP who has the appropriate training recognised by the General Practice Mental Health Standards Collaboration.
- Treatment services referred to under the Better Access Initiative are for patients who require at least a **moderate level** of mental health support. Information on other free or low-cost Commonwealth funded

mental health treatment services can be found at: [Medicare Mental Health](#) or contact Darling Downs and West Moreton PHN for referral options in your region or to learn more about the Stepped Care Model.

If you need support, please E-Mail practicesupport@ddwmpnh.com.au

You can find more information about [MyMedicare here](#).

For further information on the Better Access Mental Health Program changes see:

[MBS Online - Better Access changes from 1 November 2025](#)