



## How can I find an Accredited Mental Health Social Worker?

You can search for Accredited Mental Health Social Workers in the AASW 'Find a Social Worker' online database: [www.aasw.asn.au/findasocialworker](http://www.aasw.asn.au/findasocialworker) or you can ask your GP to refer you to an Accredited Mental Health Social Worker in your area.



## To find out more information about Accredited Mental Health Social Workers please contact:

**The Australian Association of Social Workers (AASW)**

Phone: 03 9320 1077

Website: [www.aasw.asn.au](http://www.aasw.asn.au)

Email: [mentalhealth@aaasw.asn.au](mailto:mentalhealth@aaasw.asn.au)

Your local Accredited Mental Health Social Worker/s:



**AASW**  
Australian Association  
of Social Workers

## *Accredited Mental Health Social Workers*

### *Information for clients*



## Did you know?

You are eligible for a Medicare rebate if you have counselling with an Accredited Mental Health Social Worker in private practice when you are referred by your GP, paediatrician or psychiatrist.

## What is an Accredited Mental Health Social Worker?

Accredited Mental Health Social Workers are social workers who have extensive postgraduate training and experience in the field of mental health.

## Where are Accredited Mental Health Social Workers?

Accredited Mental Health Social Workers may provide services privately under Medicare. They work independently or as part of a group. Accredited Mental Health Social Workers usually provide services in a consulting room and some are able to see you where you live.

Accredited Mental Health Social Workers can also work for Medicare Locals, Workcover, Victim Support Services and other government programs in most States and Territories.



## When should I see an Accredited Mental Health Social Worker?

An Accredited Mental Health Social Worker can help you when you experience difficulties that have an impact on your ability to manage the demands of day-to-day life. For example, when you:

- persistently experience low mood or anxiety;
- have a relationship breakdown;
- experience family, friend or workplace conflict;
- need assistance to re-engage in the workforce after an accident;
- feel socially isolated
- are diagnosed with or suspect you have a mental health disorder

## What can an Accredited Mental Health Social Worker do?

Accredited Mental Health Social Workers understand mental health issues and disorders. They have the training, skills and expertise to assess your situation and to offer effective treatment to you or someone you know. Some of the treatments provided under Medicare include:

- Cognitive Behavioural Therapy
- Interpersonal Therapy
- Relaxation training
- Parenting training
- Interpersonal skills training

Other therapies that can be provided are:

- Relationship counselling
- Family therapy
- Bereavement counselling
- Psychotherapy

Accredited Mental Health Social Workers can also work as a team with other health professionals from whom you are receiving treatment and support.

## Medicare Registered Providers

AASW Accredited Mental Health Social Workers are registered providers with Medicare.

## Will my information be kept confidential?

Accredited Mental Health Social Workers are bound by a code of ethics, which includes maintaining confidentiality about what you discuss with them. However, there may be exceptional circumstances where an Accredited Mental Health Social Worker may need to discuss your information with others, such as when there is concern about your safety. You can talk to your local Accredited Mental Health Social Worker about the situations in which your information might be shared.

## How do I receive a Medicare rebate?

To receive a Medicare rebate when seeing an Accredited Mental Health Social Worker:

1. Make an appointment to see your GP, paediatrician or psychiatrist
2. Take this brochure with you and ask your GP for a mental health care plan and a referral letter, or
3. If you are being referred by your psychiatrist or paediatrician, just ask for a referral letter.