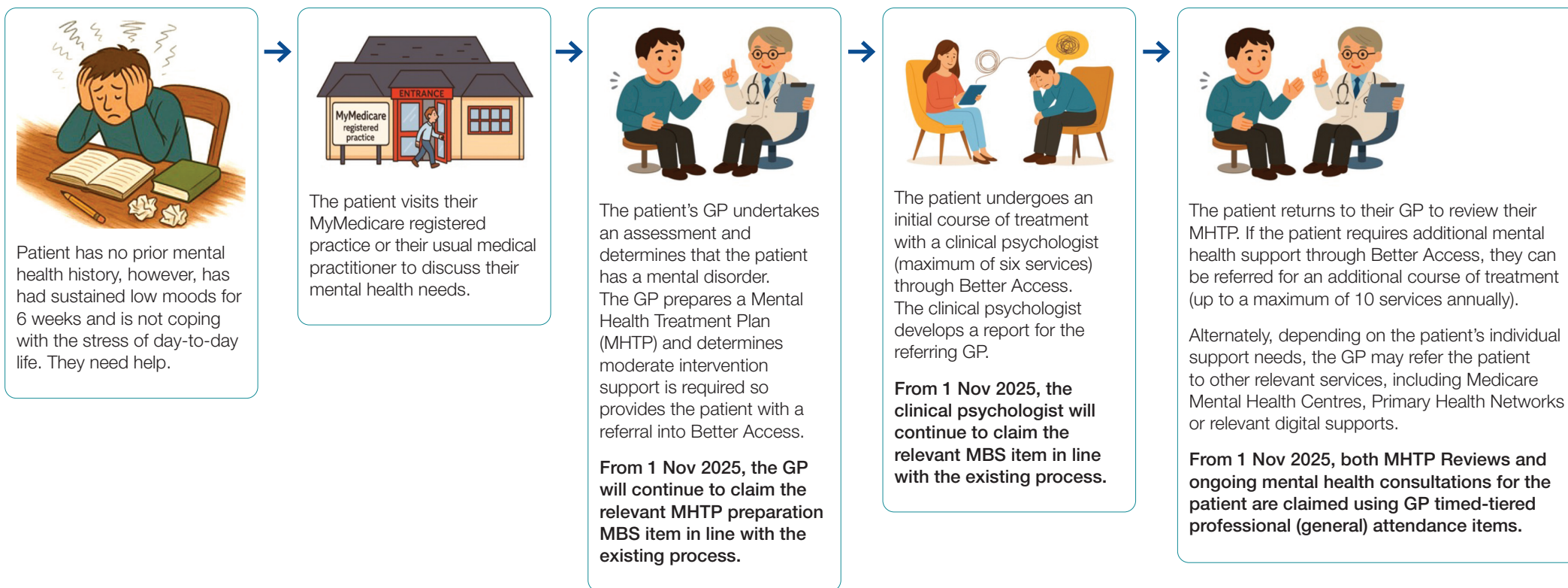


Better Access changes – patient / practitioner journey

The Better Access Initiative, which provides subsidised mental health support to eligible people, has new changes to help improve continuity of care for patients needing at least moderate mental health support. On 1 November 2025 changes came into effect, meaning:

- The development and review of a Mental Health Treatment Plan (MHTP), and referrals for Better Access support can only be done through the patient's MyMedicare registered practice or usual medical practitioner.
- MBS items for MHTP reviews and mental health consults have been removed.
- MHTP development items remain unchanged.
- Use general attendance MBS items for ongoing care, referrals and reviews.

See a patient/practitioner journey of these changes below.



Australian Government

Department of Health, Disability and Ageing