



Better Access GP mental health treatment plan template information

There are no specific template requirements for the preparation of a mental health treatment plan, however, it must include:

- an assessment of the mental disorder
- the use of an outcome measurement tool (unless clinically inappropriate) – the choice of evidence-based outcome measurement tool is at the clinical discretion of the GP or PMP and may include the Kessler Psychological Distress Scale (K10) or DASS 21 (Depression, Anxiety and stress)
- a provisional or formal diagnosis.

There are a broad range of mental health treatment plan templates suitable for referring patients for treatment under [Better Access on the General Practice Mental Health Standards Collaboration website](https://gpmhsc.org.au/infosection/index/ab953256-1969-429e-8c71-bd476fede52f/gp-mental-health-treatment-1) [<https://gpmhsc.org.au/infosection/index/ab953256-1969-429e-8c71-bd476fede52f/gp-mental-health-treatment-1>].