



Non Directive Pregnancy Support Counselling (Medicare item number 81005) Information for GP's.

IDENTIFY A NEED FOR PERINATAL COUNSELLING

- Pregnancy, birth, postpartum or parenting concerns.
- Difficult or traumatic birth.
- Pregnancy loss
- Transition or adjustment to parenting.
- Overwhelm. Anxiety. Low mood.
- Termination or post-termination counselling



IS THE PATIENT ELIGIBLE FOR A NON-DIRECTIVE PREGNANCY SUPPORT COUNSELLING REFERRAL?

- The person receiving the service must be currently pregnant or has been pregnant in the 12 months prior to the first session and the client has concerns relating to the pregnancy/previous pregnancy/pregnancy loss.
- The person has not used the three non-directive pregnancy support counselling sessions previously for this pregnancy.



GP REFERRAL MUST INCLUDE:

- Specifically state it is a **referral for Non-Directive Pregnancy Support Counselling** (item number 81005 / 93026 telehealth)
- Confirm that the client is either currently pregnant or has been pregnant in the past 12 months
- The date of the end of the pregnancy, or the expected due date.



HOW TO BOOK AN APPOINTMENT

Appointments can be made via email or online www.briellethomson.com
OR

GP referral can be sent via email to hello@briellethomson.com and Brielle will contact the client to arrange an appointment.

Full fee - \$160 Medicare Rebate as at 12/2025 - \$72.55

