

GP and Referrer Information

Accredited social work counselling by telehealth across Australia

MEG BONETTI	ACCESS	CONTACT
Accredited Mental Health Social Worker AASW member 685030 20+ years' experience	Adults across Australia Secure telehealth Private self-referral welcome	meg@mebpractice.com.au 07 4253 4908 mebcounselling.com.au

SERVICE OVERVIEW

A practical option for complex lives

MEB Counselling provides trauma-informed, body-aware social work counselling. The approach considers emotional distress alongside relationships, health, work, identity, caring roles and the systems around the person. Sessions may combine therapeutic reflection, nervous-system awareness and practical problem solving.

May be suitable for

- Adults with layered or complex presentations
- Burnout, chronic overwhelm, grief, trauma or relationship strain
- Neurodivergent adults, including women diagnosed with ADHD or recognising ADHD/AuDHD later in life
- People living or working in rural, regional and remote Australia
- Helping professionals carrying clinical, ethical or high-responsibility pressure

REFERRAL AND ACCESS

Private self-referral or a professional referral

Private clients can review availability and book directly online. Eligible clients seeking a Medicare rebate require a valid Better Access referral to an eligible provider. With the client's informed consent, a referrer may provide a brief referral or relevant clinical summary and request appropriate communication with the treating team.

1	Discuss suitability	Email Meg if you would like to discuss whether the service may fit.
2	Refer or self-book	Share the booking link, or send a concise referral with client consent.
3	Coordinate	Communication with other providers occurs only with appropriate consent.

Telehealth access across Australia

Pathway	Session / current information	What is needed
Private individual counselling	60 minutes; standard fee A\$150	Self-referral welcome
Medicare Better Access	Rebate may apply for eligible clients	Valid referral to an eligible AMHSW
NDIS	Plan- and self-managed may be accepted	Prior agreement and service details
Private health	Some funds may provide a rebate	Client confirms cover with their fund

Fees, provider eligibility and rebates may change. Please confirm current details and the expected out-of-pocket cost with MEB before the first appointment. Better Access information: health.gov.au/our-work/better-access-initiative

CLINICAL AND SAFETY INFORMATION

Scope and communication

- MEB Counselling is not a crisis, emergency or acute response service.
- For immediate danger call 000. Lifeline is available on 13 11 14.
- Medical assessment, medication and physical symptoms remain within the appropriate medical scope.
- Information is shared with other providers only with informed consent or where legally required.
- Suitability is considered individually; an enquiry does not guarantee acceptance into the service.

MAKE CONTACT

Referral enquiries

Email meg@mebpractice.com.au or call **07 4253 4908**. Please send only information necessary for the enquiry and ensure the client has consented to the referral.

CLIENT BOOKING	PROFESSIONAL VERIFICATION
mebcounselling.com.au Private clients can view availability directly	aasw.asn.au/find-a-social-worker/ goodtherapy.com.au/megan_bonetti