

How to find a f***ing therapist

Therapists create a space where you can work through bullshit thoughts and patterns of behaviour.

If you live in Australia where healthcare exists, here's how to find one.

1 Book a sesh with your GP

Tell them you need to complete a Mental Health Care Plan (MHC Plan).

If you're povo, find a GP that bulk bills to Medicare, so the appointment is free.

2 What happens at the GP?

The GP will ask you to fill out a MHC Plan. This is a short survey about how you're feeling.

They'll also give you a referral to a therapist.

3 Go to the therapist

Best case? You gel well and book more sessions. If you don't, go to the GP and get another referral. Seriously, don't give up. It will all be worthwhile when you find the right person.

Can't see a therapist IRL?

Many therapists do online sessions. [Headspace.org.au](https://www.headspace.org.au) also has free online therapy.

FAQ

How much free therapy do I get?

10
sessions per year

\$124.50
rebate per session

How the f*** do I find the right therapist?

It is useful to do your own research before seeing the GP, so you can tell them who you'd like to be referred to. If you don't have it in you, don't worry, your GP will refer you to someone.

- Ask mates or fam if they see a good therapist. Get a name.
- Check out therapists in your area online.
- If therapy is for a certain issue, like addiction, find someone with knowledge in this area.
- If you'll be triggered by seeing a particular gender, rule them out.
- Check if they have positive reviews online.
- Make sure they accept Medicare rebates, as some don't.
- Try calling them for a brief chat to see if you vibe.

Listen to episode 15 of the F*ck off and die podcast for more on finding a therapist.