

# Finding a psychologist

If you have concerns about your mental health a General Practitioner (GP) may suggest that you make an appointment with a psychologist. A psychologist can assess your concerns about your mental health and provide support, advice and treatment.

Most GPs will ask you which psychologist you would like to see. When GPs write a Mental Health Care Plan they need to put the name of the psychologist in the plan. The plan is similar to a referral, that goes through Medicare. If you already have a good relationship with a psychologist, bring their name and contact information with you to the GP appointment.

## Ask for recommendations

If you don't have a psychologist but think that the GP knows and understands you and your needs well, you can ask them for recommendations. You can also ask other autistic people you know for their suggestions.

A recommendation, even from someone you know and trust, doesn't mean a psychologist will be right for you but it's a good place to start.

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## Find a new psychologist

If you need to find a new psychologist, you can visit the [Australian Psychological Society \(APS\) website](#).

- Select "Autism Spectrum Disorder (incl. Asperger's)". You can also add one or two other issues you would like to talk to the psychologist about if you wish.
  - Enter your location (postcode or town/suburb) to get a list of the psychologists in your area with autism expertise.
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- If you don't get any results, you can broaden your location (this is set to a 5km radius by default) or remove one of your selected issues.
- If you get too many results, you can use the "Refine your search" to filter the list - some good choices are "Client Type" (ages) and "Medicare" options.
- Click on the psychologist's name or the "View full profile" button to see more information about them to help you make a decision or click on the website link under their name to view their website.
- Contact the psychologist to ask if they work with adults, whether they're taking new clients and if they're registered with Medicare.

Read the [references](#) for this resource.

See other sections of this guide or download the complete guide [here](#).