

PSYCHOLOGISTS (CHILD & ADOLESCENT)

South Eastern Play and Creative Therapies | 0404 218 731

Fees: \$250

Website: <https://www.playandcreativetherapies.com.au>

Address: 5/437 Princes Highway, Officer

Coventry Psychology | 0402 050 317

Fees \$240-\$300 Equine Therapy

Website: <https://www.coventrypsych.com.au/>

Address: 3 Lewis Road, Upper Beaconsfield

Vita Psychology & Education | 9707 3499

Fees: \$195

Website: <https://www.vitapsychology.com.au/>

Address: 34 Clyde Road, Berwick

GLOW Clinic | 8578 5661

Fees: \$250

Website: <https://www.glowclinic.com.au/>

Address: Suite 1, 1st Floor 40-42 Clyde Road, Berwick

Emerald Psychology Practice | 0478 125 865

Fees: \$175 (general) \$215 (clinical)

Website: <https://www.emeraldpsychology.com.au/>

Address: 382 Belgrave-Gembrook Rd, Emerald

Kids at Max | 9702 4447

Fees: \$195

Website: <https://kidsatmax.com.au/>

Address: 689 Centre Rd, Bentleigh East

PSYCHOLOGISTS (CHILD & ADOLESCENT)

Futures in Mind | 9796 2771

Fees: \$180

Website: <https://futuresinmind.com.au/>

Address: 525 Princes Hwy, Narre Warren

Suite 5 / 6-8 Lyall Road, Berwick VIC 3806

Winnicott Psychology | 9768 9655

Fees: \$210-\$250

Website: <https://www.winnicottpsychologyclinic.com.au/>

Address: Level 1, 50 Kangan Drive, Berwick

Gumboots Child Therapy Services: | 5611 0296

Gumboots have a diverse team that includes psychologists, occupational therapists and speech pathologists.

Fees: \$214.41

Website: <https://www.gumbootschildtherapy.com/>

Address: 15/ 33/39 High St, Cranbourne VIC 3977

Windermere | 1300 946 337

They provide service to children and youth aged 0 – 12 years

Offices at Berwick, Narre Warren, Cranbourne and Pakenham.

Website: <https://www.windermere.org.au/services/psychology>

Life Psychology | 03 8738 5437

Individual therapy for children, teens and young adults.

1 Lurline Street, Cranbourne VIC 3977

Website: <https://www.lifepsychologycentre.com.au/>

PSYCHOLOGISTS (CHILD & ADOLESCENT)

Paisley Psychology | 9548 1666

Address: 525 Springvale Rd, Springvale South VIC 3172

Bulk billed with a referral

<https://www.paisleypsychology.com/services>

Positive Young Minds | 0408 533 515

Address: 517 Princes Hwy, Narre Warren VIC 3805

Fees: \$215

<https://www.positiveyoungminds.com.au/>

The Little Kind Psychology | (0409) 870 800

Address: 94A Main Road, Monbulk VIC 3793

Fees: \$260

Website: <https://www.thelittlekindpsychology.com/team>

Positive Minds Psychology | 0419 001 584

Address: Suite 3, 26-28 Verdun Drive, Narre Warren 3805

Fees: \$180 or \$165 with concession

Website: <http://www.positivemindspsychology.com.au/>

Positive Psychology | 9664 9069

Mornington - 883 Nepean Hwy Mornington VIC 3931

Mt Eliza - 1392 Nepean Hwy Mt Eliza 3930

Oakleigh - 1527 Dandenong Road Oakleigh VIC 3166

Fees: \$230 (General) \$260 (Clinical)

Website: <https://positivepsychology.net.au/>

MindSpace Psychology | 5323 0277

Fees \$230

<https://www.mindspacepsychology.com.au/>

Address: 16-18 Woods St Beaconsfield VIC 3807

PSYCHOLOGISTS (ADULT)

MindSpace Psychology | 5323 0277

Fees \$230

<https://www.mindspacepsychology.com.au/>

Address: 16-18 Woods St Beaconsfield VIC 3807

Nexus Psychology | 9500 0751

Fees: \$195-\$235

<https://www.nexuspsychology.com.au/>

Locations: Camberwell, Carnegie, Melbourne, Prahran

Colleen Colman | 0419 334 289

Adolescents, Adults, Couples, Depression, Trauma, Anxiety, etc.

Fees: \$180

Address Level 1/70 Main Street Pakenham (Wednesday and Friday)

Secure Minds Psychology | 8774 5440

Fees: \$180 (General), \$200 (Clinical)

Website: <https://securemindspsychology.com.au/>

Address: Shop 2/124, Old Princes Hwy, Beaconsfield

Winnicott Psychology: | 9768 9655

Fees: \$210 (General), \$250(Clinical)

Website: <https://www.winnicottpsychologyclinic.com.au/>

Address: Level 1, 50 Kangan Drive, Berwick

Emerald Psychology Practice | 0478 125 865

Fees: \$175 (General), \$215 (Clinical)

Website: <https://www.emeraldpsychology.com.au/>

Address: 382 Belgrave-Gembrook Rd, Emerald

PSYCHOLOGISTS (ADULT)

HealthMint | 5611 3365

Fees: \$185

Website: <https://www.healthmint.com.au/>

Address: 12/2-10 William Thwaites Blvd, Cranbourne North

Warragul Counselling Services | 0430 203 049

Fees: \$150 (\$130 concession card)

Website: <https://warragulcounsellingservices.com/>

Address: 60 Victoria Street Warragul Vic 3820

Live Life Psychology (Parkhill Medical Centre) | 0413 953 894

Website: <https://www.parkhillmedical.com.au/psychologist>

Fees: \$160

Address: Parkhill Medical Centre 215-225 Parkhill Drive, Berwick VIC 3806

Lakeside Square Medical Centre: | 9037 7010 OR 9796 2111

- Joanna Knezevic and Lauren Stepleton

Website: <https://www.lakesidesquaremedical.com.au/allied-health-professionals>

The Avenue Place | 9796 9912

Fees: \$220-\$250 under the MHCP you are entitled to a Medicare rebate

Address: 4/9 Wilson Street, Berwick VIC 3806

Website: <https://www.theavenueplace.com.au/psychologists/>

CBT Australia (Narre Warren) | 9705 2216

Fees: \$210 (clinical)

2 Valley Fair Drive NARRE WARREN VIC 3805

<https://www.cbtaustralia.com.au/>

PSYCHOLOGISTS (ADULT)

Officer Medical Centre | 5940 3432

- Graham Clue

Fees: \$150 (free with MHP)

Address: Arena Shopping Centre, T24/4 Cardinia Rd, Officer VIC 3809

<https://officermedicalcentre.com.au/>

Blokes Psychology | 9994 1721

Address: 27 Station Rd, Cheltenham VIC 3190

Fees: Between \$220 and \$260

<https://blokespsychology.com.au/our-team>

Bayside Office and Scoresby Office

Psychology 4 Change | 9794 6336

Address: 71 Stud Rd, Dandenong VIC 3175

Fees: Bulk Billed

<http://psychology4change.com.au/>

Paisley Psychology | 9548 1666

Address: 525 Springvale Rd, Springvale South VIC 3172

Fees: Concession Bulk Billed (gap fee for non-concession)

<https://www.paisleypsychology.com/services>

Evergreen Psychology | 5998 4498

Address: 7 Lurline St, Cranbourne VIC 3977

Fees: \$180

<https://evergreenpsychology.com.au/>

PSYCHOLOGISTS (ADULT)

Casey Psychology Centre | 5995 4710

Address: 24 Mundaring Dr, Cranbourne VIC 3977

Fees: \$195 (\$170 concession)

<https://www.caseypsychology.com.au/>

Psychology Services Australia |(03) 9887 2403

Website: <http://psychologyservicesaustralia.com.au/contact/>

Address: Shop 1060, Westfield Knox Shopping Centre, 425 Burwood Hwy, Wantirna South VIC 3152

Positive Minds Psychology | 0419 001 584

Address: Suite 3, 26-28 Verdun Drive, Narre Warren 3805

Fees: \$180 or \$165 with concession

Website: <http://www.positivemindspsychology.com.au/>

ASSESSMENTS

Futures in Mind | 9796 2771

Educational, Cognitive, ASD , ADHD and behavioural assessments

Website: <https://futuresinmind.com.au/>

Vita Psychology & Education | 9707 3499

Cognitive, ASD and behavioural assessments

Website: <https://www.vitapsychology.com.au/>

Emerald Psychology Practice | 0478 125 865

ASD, Cognitive, ADHD and behavioural assessments

Website: <https://www.emeraldpsychology.com.au/>

Life Psychology | 03 8738 5437

ASD, Cognitive and ADHD assessments

Website: <https://www.lifepsychologycentre.com.au/>

Positive Psychology | 9664 9069

ASD, ADHD and cognitive assessments

<https://positivepsychology.net.au/>

MindSpace Psychology | 5323 0277

ADHD, cognitive and educational assessments

<https://www.mindspacepsychology.com.au/>

Own your Mental | 0432 295 887

ASD and ADHD assessments for children, adolescents and adults

<https://www.ownyourmental.com/>

EATING DISORDER CLINICS AND RESOURCES

Mind Body Well | 9820 1848

<https://www.mindbodywell.com.au/>

103/34 Queens Rd, Melbourne VIC 3004

Integrative Psychology | 9663 0355

Level 2, 182-184 Victoria Parade East Melbourne VIC 3002

<https://integrativepsychology.net.au/>

Psychology Melbourne | 9629 1001

<https://www.psychologymelbourne.com.au/>

2/50 Queen Street Melbourne VIC 3000

Nourish, Nurture, Thrive | 8370 3178

<https://www.nourishnurturethrive.com.au>

1/338 Main Street, Mornington VIC 3931

1038 Heidelberg Rd, Ivanhoe, VIC 3079

Eating Disorders Victoria | 1300 550 236

<https://www.eatingdisorders.org.au/find-support/eating-disorder-helpline/>

Collingwood Football Club Community Centre, Level 2, Corner Lulie & Abbot Streets, Abbotsford,
Victoria

Butterfly Foundation (HELPLINE) | 1800 334 673

<https://butterfly.org.au/get-support/helpline/>

DIETICIANS

HealthMint | 5611 3365

- Saabira Wazeer (Also works at the GLOW clinic)

Website: <https://www.healthmint.com.au/>

Address: 12/2-10 William Thwaites Blvd, Cranbourne North

Nourish Not Diet | 0412 513 809

- Alison Stewart

Website: <https://www.nourishnotdiet.com/>

Address: Hallam Family Practice, 214 Princes Highway, Hallam

Healthy Body Healthy Mind | 5996 1688

Open Thursdays 9am – 2pm

Email: info@hbhmnutrition.com.au

Address: Unit 19, 445 Princes Highway, OFFICER

Flex n Feed | 0412 785 828

Address: 30 Renam St, Pakenham VIC 3810

Email: contact@flexandfeed.com.au

<https://www.flexandfeed.com.au/>

PSYCHIATRISTS

St. John of God | 8793 9333

Fees differ across psychiatrists

Website: <https://www.sjog.org.au/our-locations/st-john-of-god-pinelodge-clinic>

Address: 1480 Heatherton Road, Dandenong

South Eastern Consulting | 8743 9910

Website: <http://www.seconsult.com.au/>

Address: 2 Langmore Ln, Berwick

Victorian Centre for mental Health | 9530 9777

Website: <https://www.vcmh.com.au/our-psychiatrists/>

Address: 112/445 Princes Hwy, Officer

GLOW Clinic | 8578 5661

Fees: \$374.40 (Initial Consult), Rebate: \$228.20, \$277.85 (Subsequent Consult), Rebate: \$161

Website: <https://www.glowclinic.com.au/>

Address: Suite 1, 1st Floor 40-42 Clyde Road, Berwick

7 Pillars of Wellness | 0423 871 661

Dr Alexander

Shop 5, 230-232 Ridge Road, Olinda 3788

<https://www.7pillarsofwellness.com/>

PAEDIATRICIANS

West Gippsland Paediatric Group | 5622 1500

Address: 7 Sargeant Street Warragul

<https://westgippslandpaediatricgroup.com.au/>

St. John of God | 8784 5600

Website: <https://www.sjog.org.au/our-locations/st-john-of-god-berwick-hospital/find-a-doctor>

Address: 75 Kangan Drive, Berwick

GLOW Clinic | 8578 5661

Website: <https://glowclinic.com.au/>

Address: Suite 1, 1st Floor 40-42 Clyde Road, Berwick

Waverly Paediatrics | 9561 1774

Website: <http://waverleypaediatrics.com/>

Address: Suite 4/264 Springvale Road, Glen Waverly

OTHER HELPFUL NUMBERS

HEAD TO HELP | 1800 595 212

Officer/Berwick

- Free mental health service as part of a new government initiative

Website: <https://headtohelp.org.au/>

Monash Community Health Centre (Pakenham) | 1300 342 27 OR 5941 0500

- The Monash Health Centre can help with counselling, pregnancy care, and dental for children, health promotion, child and family services and much more.

- Offer a free service available to those who live in our catchment area.

Website: <https://monashhealth.org/about-us/monash-health-sites/hospitals-and-major-sites/pakenham-health-centre/>

<https://monashhealth.org/services/mental-health/child-and-adolescent-services/>

<https://monashhealth.org/services/mental-health/community-services-and-rehabilitation/>

Address: Henty Way, Pakenham, VIC, 3810

HeadSpace | 1800 367 968

- HeadSpace have a range of services available that can deal with a variety of issues ranging from mental health, physical health to drug and alcohol related issues.

- Narre Warren Centre: 66 Victor Crescent, Narre Warren, Victoria

- Dandenong Centre: 211 Thomas Street, Dandenong, Victoria

- Frankston Centre: 62 Playne Street, Frankston, Victoria

Website: <https://headspace.org.au/>

Maternal and Child Health Centre | 5943 4250

- Cardinia Shire residents are provided with 10 health & developmental check-ups for children aged between 0 and 3 and a half)

- Health & wellbeing advice for parents

- Group programs

Website: https://www.cardinia.vic.gov.au/info/20055/children_and_youth/35/maternal_and_child_health_mch#section-1-about-the-mch-service

OTHER HELPFUL NUMBERS

Gidget Foundation Australia: | 1300 851 758

- Gidget provide telehealth sessions for expectant and new parents. There is currently only a physical centre in Sydney but anyone can call and use the resources.

Website: <https://gidgetfoundation.org.au/>

Melbourne DBT Centre | 9530 9777

- Please email, write or phone if you would to make an inquiry or referral. You may self refer.

- They accept referrals from all health professionals and health agencies.

Website: <http://melbournedbtcentre.com.au/wpress/>

Mental Health Triage | 1300 874 243

Suicide Call Back Service | 1300 659 467

Website: <https://www.suicidecallbackservice.org.au/>

Kids Helpline | 1800 551 800

- Niggle App

Website: <https://kidshelpline.com.au/>

Lifeline | 13 11 14

- Online chat available

Website: <https://www.lifeline.org.au/>

Beyond Blue | 1300 224 636

- Online chat available and Beyond Blue 'Check-In' App

Website: <https://www.beyondblue.org.au/>

- Beyond Blue Coronavirus Mental Wellbeing Support Service 1800 512 348

Australian Psychological Society (APS)

- This website allows you to search for psychologists within a specific radius

Website: <https://www.psychology.org.au/>

OTHER HELPFUL NUMBERS

Australian Counselling Service

The Australian Counselling Service offers online counselling at the capped price of \$49. You can visit their website, choose your counsellor and book an appointment. Taking new clients and no referral or Mental Health Plan required.

<https://www.acscounselling.com.au/about-us>

Orange Door

- The Orange Door is a free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.

Website: <https://orangedoor.vic.gov.au/>

Safe Steps

- Family Violence Response Centre is Victoria's state wide first response service for women, young people and children experiencing family violence.

Website: <https://www.safesteps.org.au/>

Homelessness help

- VINCENT CARE, this website has many useful links and resources available for a whole range of assistance.

Website: <https://www.vincentcare.org.au/our-services/housing-homelessness-resources/> 15

Casey Mental Health Service | 1300 369 012

- For when there is an urgent need for mental health assistance, or outside of business hours.

- Open anytime, any day.

Crisis Text - Lifeline Australia

www.lifeline.org.au › crisis-text

Text 0477 13 11 14 (6pm-midnight AEST) for a confidential chat with a Lifeline crisis supporter.