

Referral Psychological & Counselling Services 2020



Agency	Contact	Address	Information	Response to COVID-19
DHHS	1300 664 977	679-685 High St Preston VIC 3072	You should make a report to Child Protection if you have formed a reasonable belief that a child has suffered or is likely to suffer significant harm as a result of abuse or neglect and their parent has not or is unlikely to protect them from harm of that type.	Receiving referrals and reports as usual.
Child FIRST & Orange Door	1800 319 355 (Darebin) 1300 786 433 (Hume/Moreland) https://orangedoor.vic.gov.au/	Darebin, Hume, Moreland	Child FIRST and Orange Door teams are located across Victoria. They provide a central referral point to a range of community-based family services and other supports.	Staff are supporting clients over the phone and when required, through face-to-face appointments. Services remain open for walk-ins, however they are encouraging people to make contact via phone first to assess whether it is safe for them to attend in person, or to determine whether their query can be managed over the phone.
Austin CYMHS (Child & Youth Mental Health Service)	1300 859 789 http://www.austin.org.au/mentalhealth/CYMHS/	145-163 Studley Road Heidelberg 3084	The Child & Youth Mental Health Service (CYMHS) provides a comprehensive service for children, adolescents and their families who are experiencing psychiatric, psychological and behavioural problems.	Receiving referrals as usual.
Engage 1 on 1 Psychology	(03) 9489 3007 https://www.engage1on1.com.au/	Engage 1on1 Psychology 181 High Street Northcote VIC 3070	Engage 1on1 consists of a team of clinical and general psychologists providing mental health services to children, adolescents, adults, couples and families. Donald (psychologist) consults one day a week at Northcote High	Receiving referrals as usual – contact practice for latest wait times and any changes to normal processes.

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			School, which is a bulk billed service. Appointment with Donald must be booked through Engage 1 on 1.	
headspace Collingwood	(03) 9417 0150 https://headspace.org.au/headspace-centres/headspace-collingwood/	Level 1 Victoria Park (Social Club Building) Cnr Lulie & Abbott Streets Abbotsford Vic 3067	Headspace is a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support. Services at headspace are either free or have a low cost. Some services require you to have a referral from a doctor, which can be completed at the headspace centre too.	Receiving referrals as usual. Headspace will conduct all intake appointments over the phone. Allied Health professionals (including psychologists and GPs are also available to complete phone/Telehealth consultations).
Crisalida – Child, Adolescent Family Therapy	(03) 9484 6299 http://www.crisalida.com.au/	678 High St Thornbury and 630 Bell Street Preston West	Crisalida offers mental health services including psychology, occupational therapy, speech pathology, psychodrama, art therapy and family therapy.	As of 23/03/2020 therapists will cease face-to-face consultations. Therapists will continue to receive referrals and are operating via Telehealth platforms. Reception will remain available via phone or email during this time, and they will continue to receive new referrals.
Melbourne Paediatric Specialists at the Children's (Includes paediatric doctors, clinical psychologists developmental & behavioural paediatrics and other experienced Allied Health professionals)	(03) 9948 5005 http://www.melbournepaediatricspecialists.com.au/	4/48 Flemington Road, Parkville VIC 3052	<u>Your child will need a referral letter from their GP to see a paediatric doctor at Melbourne Paediatric Specialists.</u> Although a GP referral is not essential for most allied health services (e.g. physiotherapist, psychologist, clinical nurse), in some cases, these services can be claimed through Medicare with a GP referral.	Receiving referrals as usual – contact clinic for latest wait times and any changes to normal processes.

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<p>Holden St Clinic</p>	<p>General enquiries to enquiries@holdenstclinic.com.au</p> <p>Practitioner contact numbers available on website: https://www.holdenstclinic.com.au/contact</p>	<p>6 Holden St, Fitzroy North Includes ASD Assessments & parenting support.</p>	<p>Includes practitioners from a range of disciplines, each with different areas of specialty and expertise. Some clinicians offer Medicare rebates for clients referred by GPs on mental health plans, some bulk billing, private health insurance and private practice rates. Contact practice for details.</p>	<p>Clinicians will continue to receive referrals and are operating via Telehealth platforms. Reception will remain available via phone or email during this time, and they will continue to receive new referrals.</p>
<p>John Dileo (Clinical Psychologist)</p>	<p>0435 100 158 https://yourinnorth.com.au/about-us</p>	<p>28 Princes St, Carlton North</p>	<p>John takes a client centred approach to treatment and uses evidence based treatment approaches that include cognitive behavioural therapy (CBT), schema focused CBT, mindfulness and acceptance commitment therapy (ACT). John works individually, with parents and systemically in response to each client's needs, and also facilitates group therapy.</p>	<p>Contact practice for latest wait times and any changes to normal processes.</p>
<p>Keene Insight – Child & Adolescent Service</p>	<p>(03) 9481 3903 http://www.keeneinsight.com.au/</p>	<p>652 Smith Street, Clifton Hill VIC 3068</p>	<p>Individual, group and family focused psychological therapy for children, adolescents, young adults and parents. The team use a variety of different therapeutic interventions and philosophical approaches such as neuropsychotherapy, cognitive behavioural therapy (CBT), solution-focused therapy, emotion focused therapy (EFT), behavioural therapy, mindfulness, acceptance & commitment therapy (ACT), critical incident stress management (CISM), play therapy, motivational</p>	<p>Ceasing all face-to-face consultations for new clients. Therapists will continue to receive referrals and are operating via Telehealth platforms.</p>

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			interviewing and narrative therapy.	
RMIT – Psychology Clinic	(03) 9925 7666 https://www.rmit.edu.au/about/our-locations-and-facilities/services/health-clinics/health-sciences-clinic/psychology	Building 300, RMIT University Bundoora Campus, 30 Janefield Drive, BUNDOORA, 3083, VIC	Clinical psychology and educational assessments by provisional psychologists. Services at the RMIT Psychology Clinic provided by provisional psychologists are not rebatable through Medicare or private health insurance, however they are typically lower in cost than private providers.	Temporary close 23/03/2020 – 27/06/2020
Darebin Family Services	(03) 8470 8018 http://www.darebin.vic.gov.au/Darebin-Living/Community-support/FamiliesandChildren		Free counselling and support services are available to Darebin children and families. Appointments are necessary and waiting lists can apply.	Many changes to services, contact Family Services directly for latest wait times and changes to referral processes.
Clarity Health Care	(03) 9448-8028 https://www.clarityhealthcare.com.au/	Shop 3, 55 Nicholson St Brunswick East, 3057	Support for anyone experiencing mental health concerns, difficult life stage or mental illness. Team consists of psychiatrists, psychologists, occupational therapists, social workers and registered nurses.	Receiving referrals as usual – contact practice for latest wait times and any changes to normal processes.
MIND Counselling @ Northside Clinic	1300 054 284 (13 000 LGBTI)	370 St Georges Road, Fitzroy North	LGBTI Specific service, providing psychological and allied health counselling for individuals, couples and families.	Currently not able to take on new clients, however students and families are encouraged to make contact if they would like to be placed on the wait list, or to gain further information.
ACT of Living	(03) 9939 9437 www.actofliving.com.au	203 High St, Northcote, 3070	An Acceptance and Commitment Therapy (ACT) dedicated clinic. ACT is an approach which aims to assist clients in accepting what they cannot control and maximising their potential to live a	Receiving referrals as usual and currently continuing to see clients face-to-face. As required, clinicians are able to offer virtual or phone appointments. Telehealth appointments can be bulk billed

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			meaningful life. The team includes clinical psychologists and psychologists.	under a Mental Health Care Plan.
Sarah Brooke Counselling	0450 349 542 www.sarahbrokecounselling.com	24 Hartington St, Northcote 3070	AASW Accredited Mental Health Social Worker, with Medicare rebates available. Typically lower cost than private psychologists. Sarah is experienced in mindfulness-based psychotherapies, Narrative Therapy, CBT and solutions focused therapy.	Contact practice for latest wait times and any changes to normal processes.
Scotchmer Family Therapy Centre	9481 3881 0413 708 838 http://www.sftc.net.au/index.html	Scotchmer St North Fitzroy	Includes practitioners from a range of disciplines (including psychologists, counsellors, social workers and family therapists). Some clinicians offer Medicare rebates for clients referred by GPs on mental health plans, some bulk billing, private health insurance and private practice rates.	Contact practice for latest wait times and any changes to normal processes.
SPELD Vic	(03) 9480 4422 https://www.speldvic.org.au/	Donkey Wheel House, Level 3, 673 Bourke St, Melbourne VIC 3000	Diagnostic services to establish a comprehensive learning profile, identification of Specific Learning Difficulties, and diagnosis of learning disorders.	Contact clinic for latest wait times and any changes to normal processes.
YSAS (Youth Support and Advocacy Service)	YSAS Abbotsford (03) 9415 1698 YSAS Preston (03) 9478 0786 https://ysas.org.au/	394 Johnston Street Abbotsford Vic 3067	YSAS offer drug and alcohol support, information, counselling, and assessment, case management and referrals to other support services including health promotion and harm reduction strategies Direct referrals to youth AOD residential withdrawal and or youth AOD rehab admissions.	Face-to-face contact has ceased. Service providers will complete intake assessments over the phone. Many services are currently reduced or postponed. Contact YSAS directly for further details and avenues of support.

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