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**WHAT IS A CHILD PSYCHOLOGIST?**

Developmental Psychologists work with you and your child if you have questions or worries about your child in the areas of behaviour, emotions and social skills. This may include stress and anxiety issues and/or processing traumatic experiences. Therapy delivered by a Psychologist aims to improve children’s resilience, capacity to cope and thrive.

**WHEN TO SEEK SUPPORT**

If you have a child who has challenges with the following, a Psychologist may be able to assist:

* Learning about, recognising and responding to their feelings appropriately
* Challenging behaviours including tantrums, aggression & anger management
* Sharing, talking to and playing with other children
* Being independent – including going to the toilet, feeding and going to sleep by themselves
* Low self esteem
* Managing anxiety including separation anxiety & social anxiety
* School / Kindergarten refusal
* Coping with grief / loss or adjusting to family circumstances (eg Separation)
* Psychological Assessment such as educational assessments, cognitive assessments and ASD assessments

**HOW TO REFER**

Parents/Guardians can call a Private Psychologist of choice and make an appointment for their child; a referral is not required, unless you wish to access Medicare rebates (see below).

The following list contains a variety of Psychologists in the Wyndham area - this list is not exhaustive and the PSFO Service do not endorse any service listed. Please contact the service direct for more information and details of charges. You can also refer to the Australian Psychological Society website to search for a Psychologist within your area – [www.psychology.org.au](http://www.psychology.org.au) and go to the “Find a Psychologist“ link.

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Families may be able to obtain Medicare rebates (up to 20 allied mental health services per calendar year) to patients who are referred by a GP under a Mental Health Treatment Plan - please refer to the section “**How to get Medicare rebates for seeing** **therapists**” on page 49 for more information.

\*Please Note\* Children may be eligible for Community Health Psychology through IPC Health.

There are criteria that must be met in order to be eligible.

For eligibility criteria please contact your local IPC Health Service <https://www.ipchealth.com.au/locations/> or speak to your child’s Educators / PSFO

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**Please note that a referral from your GP is usually required for you to gain an appointment with a Psychologist.**

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| **ASPIRE HEALTH & PSYCHOLOGY - Werribee**  7 Princes Highway  Werribee 3030  Tel: 9742 3500  Email: [adminwerribee@aspireonline.com](mailto:adminwerribee@aspireonline.com).au  **ASPIRE HEALTH & PSYCHOLOGY - Newport**  461 Melbourne Rd  Newport 3015  Tel: 9391 9866  Email: [admin@aspireonline.com.au](mailto:admin@aspireonline.com.au)  Web: [www.aspireonline.com.au](https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.aspireonline.com.au%2F&data=05%7C01%7Cpsfo.Service%40wyndham.vic.gov.au%7Ce74265af89794953ea2708daf505bf05%7Cccedce2eab9f4e51bb3d3c6e2171f03e%7C0%7C0%7C638091702282825250%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gIz6m73t48zv07l%2B77uQdvmkb%2BCR6VWhWHWCr370cuo%3D&reserved=0) | Services Provided | Psychology counselling services for adults, children, adolescents, couples and families  Assessments | |
| Usual waiting times | Up to 3 weeks | |
| Bulk Billing? | No | |
| NDIS Provider? | Self-managed and Plan-managed clients only | |
| Medicare Rebates? | Yes, if a Mental Health Care Plan is provided by a doctor | |
| **Additional Info**  Healthcare card holders may be entitled to funding through the Care in Mind Program.  Evening and weekend appointments available  Werribee – open 7 days a week  Newport – open Monday - Saturday | | |
| **JOANNE GARFI**  3/141-143 Princes Hwy  Werribee 3030  Tel: 1 300 992 866  Email: admin@westernalliedhealthservices.com.au | Services Provided | | Psychology |
| Usual waiting times | | 3 months |
| Bulk Billing? | | No |
| NDIS Provider? | | Yes, self-funded and self-managed |
| Medicare Rebates? | | Yes |
| **Additional Info**  Special interest in ASD, school refusal, anxiety and depression.  **Days available:**  Tuesdays (9am – 5.15pm)  Wednesdays (9am – 5.15pm)  Thursdays (9am – 5.15pm) | | |
| **RAJES HARPER**  **Radiant Minds Psychology**  Mob: 0422 516 348  Email: rajesharper@gmail.com  Website: [www.radiantminds.com.au](http://www.radiantminds.com.au) | Services Provided | | Psychology |
| Usual waiting times | | 2 weeks |
| Bulk Billing? | | No |
| NDIS Provider? | | Self-managed only |
| Medicare Rebates? | | Yes |
| **Additional Info**  Providing Telehealth for counselling and consultations. Assessments and other face to face sessions are only provided in the Brighton clinic.  Days available: Tuesday, Wednesday, and alternate Saturdays | | |

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| **HOPSCOTCH & HARMONY**  Shop 1/167-179 Shaws Road  Werribee 3030  Tel: 9741 5222  Email: [admin@hopscotchandharmony.com.au](mailto:admin@hopscotchandharmony.com.au)  Web: hopscotchandharmony.com.au | Services Provided | Psychology, Dietetics, Assessment, Parent Support, Educator PDs | |
| Usual waiting times | Variable dependent on service required | |
| Bulk Billing? | No | |
| NDIS Provider? | Yes | |
| Medicare Rebates? | Yes, with valid referral | |
| **Additional Info**  With a large team of dedicated psychologists and a paediatric dietitian we can help support families to:   * Guide challenging behaviours * Address toileting issues * Learn play skills * Manage anxiety * Deal with bullying * Improve self-esteem * Adjust to changed family circumstances * Address fussy eating and food intolerance | | |
| **CHANGE FOR LIFE**  136 Derrimut Road  Hoppers Crossing, Vic 3029  Tel: 8742 4302  Email: info@changeforlife.com.au  Web: changeforlife.com.au | Services Provided | | Speech Therapy, Psychology, Assessments, School Readiness Groups/Social Groups |
| Usual Waiting Time | |  |
| Bulk billing? | | No |
| NDIS Provider? | | Yes |
| Medicare rebates? | | Yes, with Medicare Plan |

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| **LANGUAGE FOR LIFE SPEECH PATHOLOGY**  118 Derrimut Road  Hoppers Crossing 3029  Tel: 8714 1751 / 1300 9898 07  Email: enquiries@languageforlife.com.au  Web: languageforlife.com.au  45 | Services Provided | OT, Speech Therapy, Psychology, Physiotherapy, Dietetic, Art Therapy & Music Therapy, Counselling, Social Worker, Plan management, Audiology, Support Coordination, Allied Health Assistance, NDIS Funding Application Assistance, and Household Tasks, Positive Behavioral Support |
| Usual waiting times | **In-Clinic Sessions:** Speech, OT and Psychology: In-clinic sessions – 12 months Art Therapy, Dietetics, Physiotherapy - Spots available   **Mobile therapy (areas covered):** OT – Southern Melbourne - Spots available / Western Melbourne - 12 months waitlist  Speech Therapy – Central Melbourne - Spots available / Western Melbourne - 12 months waitlist  Physiotherapy – Northern Melbourne, South East Melbourne - Spots available  Music Therapy - Western Melbourne, Preston - Spots available   **Telehealth Sessions Available:** Telehealth sessions for Speech therapy, OT, Psychology, Dietetics, Music Therapy, Art Therapy, Social Worker and Counselling and **NO WAITLIST** |
| Bulk Billing? | No |
| NDIS Provider? | Yes |
| Medicare Rebates? | Yes |
| **Additional Info:**   * We accept clients across Australia for Telehealth Therapy sessions (online video sessions done via Zoom). * Experienced therapists working with children, adolescents, adults and aged. * Apart from Therapy services we also provide Plan management Service, Support Coordination, NDIS Funding Application Assistance, and Household Tasks. * From 2025 onwards, we have included the new Therapy services, Audiology, Allied Health Assistance and Positive Behavioral Support   **Diverse range of expertise area services:**   * **Speech:** Autism, Articulation difficulties, Language, Fluency (stuttering) and Literacy, learning difficulties in the area of Social Skills, handwriting, activities of daily living, sensory skills and adults with swallowing and communication difficulties. * **Psychology:** Post traumatic stress disorder (PTSD), Anxiety, Depression, Autism, ADHD, Addiction, Interpersonal relationship issues, Eating disorders, Grief & Loss * **Occupational Therapy:** Developmental Disorders, Autism Spectrum Disorder, Intellectual Disability, Behavioral Issues, Mood disorders (eg depression), Anxiety disorders, Cerebral Palsy, DIR Floortime, Learn to Play (Karen Stagnitti), Parent Coaching, SPARK communication (Hanen strategies), Handwriting, Sensory Processing * **Physiotherapy:** Hands-on treatment, exercise prescription and management techniques to prevent and minimize the impact of injury, coordination issues, abnormal tone, acquired orthopedic injuries and movement disorders like cerebral palsy. * **Dietetics:** Eating disorders, food intolerances and allergies, physical and cognitive disabilities, fussy eating, nutritional deficiencies and chronic diseases such as diabetes and heart disease. * **Music Therapy:** Acquired Brain Injury (ABI), Autism Spectrum Disorder (ASD), Dementia, Alzheimer’s, Dissociative Identity Disorder (DID), Post-Traumatic Stress Disorder (PTSD), Bipolar Disorder (BP), Depression, Down Syndrome (DS), Intellectual Palsy (ID), Cerebral Palsy (CP) * **Art Therapy:** Autism, Spirituality wellbeing, Emotional regulation, Mental health challenges, Navigating trauma, Self-care, Relationship building, Mindfulness * **Counselling:** Substance abuse, mental health such as anxiety, BPD and complex trauma. Family violence * **Social Worker:** Parentingsupport, Prenatal and postnatal mental health, Anxiety, Neurodiversity, Social/emotional skills development, Emotional regulation, Behavior challenges. * Clinic Base/Telehealth/Home visit/School & kinder visit/Group and Centre Based Activities/Therapeutic Support * Online Appointment Bookings * Assessments available for all the services * Open on Saturdays as well   We offer group programs like Secret Agent Society (SAS) and Tuning Into Kids (TIK), but we do not currently provide school readiness programs. | |

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| **NEUROJUNIOR ALLIED HEALTH NETWORK**  Suite 3, Ground Floor, 236 Hoppers Lane, Werribee, Vic 3030  Tel – 1300 13 16 19  Email – [hello@neurojunior.au](mailto:hello@neurojunior.au)  Web – nrah.com.au/neurojunior | Services Provided | Occupational Therapy, Speech Pathology, Physiotherapy, Exercise Physiology, Neuropsychology, Cognitive Assessments, Westmead Feelings Program, School Readiness Assessments, Learning and IQ Assessments, ADHD Diagnostic Assessments, Psychology, Behaviour Support, Music Therapy, Dietetics, Allied Health Assistants |
| Usual Waiting Time | 1-6 weeks |
| Bulk billing? | No |
| NDIS Provider? | Yes |
| Medicare rebates? | Yes |
| **Additional Info**  Open Monday to Friday, 9am to 6pm and can provide therapy in our clinic, the home, community, school or via telehealth. We provide family-centred, evidence-based therapy for children and young people under 18 years of age. Our experienced team love to support kids and teens with neurodevelopmental conditions and neurodisability. We keep therapy fun and motivating, so let’s work together to achieve your best. | |
| **NATIONAL PEKE CENTRE WERRIBEE**  15 Manor Lakes Blvd  Manor Lakes VIC 3024  Tel: 8742 4874  Email: [Werribee.admin@pekecentre.com.au](mailto:Werribee.admin@pekecentre.com.au)  Web: [www.pekecentre.com.au](http://www.pekecentre.com.au) | Services Provided | Psychology, Occupational therapy, Speech Therapy, Art Therapy, Music Therapy, Allied Health Assistants (AHA Program), Professional Development |
| Usual Waiting Time | Contact clinic for more information about wait times.   * Psychology – No waitlist * OT – no waitlist * SP – no waitlist * Art Therapy – no waitlist * Music Therapy – no waitlist |
| Bulk billing? | No |
| NDIS Provider? | Yes |
| Medicare rebates? | With a Mental Health Care Plan |
| **Additional Info:**  Opening Hours:  Monday to Friday: 8am - 4pm  Saturday: 9am - 5pm | |

**You can also refer to the Australian Psychological Society website to search for a Psychologist within your area –** [www.psychology.org.au](http://www.psychology.org.au) **and go to the “Find a Psychologist“ link.**

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