

## 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.

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 39 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 [www.ipchealth.com.au/services-information/](http://www.ipchealth.com.au/services-information/) or speak to your child's Educators / PSFO

<b>CROOKES COUNSELLING AND CONSULTING SERVICES</b> 7 Princes Highway Werribee 3030 Tel: 9742 3500 Email: <a href="mailto:admin@crookes.com.au">admin@crookes.com.au</a> Web: crookes.com.au	Services Provided	Psychology services for adults, children, adolescents, couples and families
	Usual waiting times	Up to 6 weeks
	Bulk Billing?	No
	NDIS Provider?	Self-managed and Plan-managed clients only
	Medicare Rebates?	Yes
	<b>Additional Info</b> Healthcare card holders may be entitled to funding through the Care in Mind Program. Evening and weekend appointments available	
<b>POINT COOK THERAPY CENTRE</b>  18 Boardwalk Boulevard Point Cook 3030  Tel: 8353 9910 Mob: 0430 599 012 Web: <a href="http://pointcooktherapy.com.au">pointcooktherapy.com.au</a> Email: <a href="mailto:info@pointcooktherapy.com.au">info@pointcooktherapy.com.au</a>	Services Provided	Speech Therapy, Occupational Therapy & Psychology
	Usual waiting times	2-3 weeks
	Bulk Billing?	No but we process medicare and health insurance rebates onsite
	NDIS Provider?	Yes
	Medicare Rebates?	Yes
	<b>Additional Info</b> Our experienced clinicians are committed to professional development and provide comprehensive assessment and management of a variety of acquired and developmental conditions, including developmental delays, autism, learning and literacy difficulties, social pragmatic difficulties, stuttering, social anxiety, mood and other mental health issues, sensory processing.  Parent and family guidance and support are integral to our service provision.  Open Monday to Friday from 8am to 7pm. All services are by appointment only. Saturday appointments may occasionally be available on special consideration	
<b>Joanne Garfi</b> Suite 18, Level 1 Wyndham Private Consulting Suites 242 Hoppers Lane Werribee 3030  Tel: 9908 2998 Email: <a href="mailto:joannegarfi@optusnet.com.au">joannegarfi@optusnet.com.au</a>	Services Provided	Psychology
	Usual waiting times	1-2 weeks
	Bulk Billing?	No
	NDIS Provider?	Yes, self-funded and self-managed
	Medicare Rebates?	Yes
	<b>Additional Info</b> Special interest in ASD, school refusal, anxiety and depression. Late night sessions available on Thursday nights. Last appointment is 7.30pm	

<b>HOPSCOTCH &amp; HARMONY</b> Shop 1/167-179 Shaws Road Werribee 3030  Tel: 9741 5222  Email: <a href="mailto:admin@hopscotchandharmony.com.au">admin@hopscotchandharmony.com.au</a> Web: <a href="http://hopscotchandharmony.com.au">hopscotchandharmony.com.au</a>	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
	<b>Additional Info</b> With a large team of dedicated psychologists and a paediatric dietitian we can help support families to: <ul style="list-style-type: none"> <li>• Guide challenging behaviours</li> <li>• Address toileting issues</li> <li>• Learn play skills</li> <li>• Manage anxiety</li> <li>• Deal with bullying</li> <li>• Improve self-esteem</li> <li>• Adjust to changed family circumstances</li> <li>• Address fussy eating and food intolerance</li> </ul>	
<b>LANGUAGE FOR LIFE SPEECH PATHOLOGY</b>  188 Heaths Road Hoppers Crossing 3029  Tel: 9731 6486 Email: <a href="mailto:enquiries@languageforlife.com.au">enquiries@languageforlife.com.au</a> Web: <a href="http://languageforlife.com.au">languageforlife.com.au</a>	Services Provided	Speech Therapy, Psychology, OT
	Usual waiting times	No waiting list
	Bulk Billing?	No
	NDIS Provider?	Yes
	Medicare Rebates?	Yes
	<b>Additional Info</b> Experienced therapists working with children and adults. Children with autism and children who have difficulties with articulation, language, fluency (stuttering) and literacy and with adults who present with swallowing and communication difficulties. Book appointments your online Opens on Saturday	
<b>RAJES HARPER</b> <b>Radiant Minds Psychology</b>  Mob: 0422 516 348 Email: <a href="mailto:rajesharper@gmail.com">rajesharper@gmail.com</a> Website: <a href="http://www.radiantminds.com.au">www.radiantminds.com.au</a>	Services Provided	Psychology
	Usual waiting times	2 weeks
	Bulk Billing?	No
	NDIS Provider?	In the process
	Medicare Rebates?	Yes
	<b>Additional Info</b> I complete autism, ADHD assessments and assessments of specific learning difficulties. I also consult with parents and school on developing learning/educational goals. I work with Triple p International and deliver training programs on parenting. I also consult with parents on fussy eaters. Provide ad-hoc school visits/meetings for consultations/meetings/observations	

Creative Steps 1-3 Thames Blvd Werribee 3030  Tel: 9731 0069 Email: info@creativesteps.com.au	Services Provided:	OT, Speech Pathology, Psychology, Social Skills Groups
	Usual Waiting Time	No details available
	Bulk billing?	No
	NDIS Provider?	Plan Managed or Self Managed only
	Medicare rebates?	Yes, for some services
	<b>Additional Info</b>	

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.