



www.cairnmillar.org.au/clinic

Our services are inclusive and affirming of diversity in all its forms. We believe access to quality mental health care should be available to everyone.

HAVE A QUERY? GET IN TOUCH



1800 391 393
(press 2 for the clinic)



clinic@cairnmillar.org.au

SCAN ME



WHERE TO FIND US

Hawthorn East

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Melbourne (CBD)

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North Melbourne

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Dandenong

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Cairnmillar
INSTITUTE

PSYCHOLOGY AND COUNSELLING SERVICES



Our Clinics are part of The Cairnmillar Institute, a not-for-profit organisation with over 65 years of dedication to advancing mental health through clinical services, education, and research. We provide accessible, evidence-based and trauma-informed mental health care for individuals, couples, families, and groups.

Services are delivered by experienced, registered psychologists as well as supervised provisional psychologists and counsellors-in-training, ensuring free and low-cost options.

OUR CLINICAL SERVICES

Confidential, evidence-based mental health support

We provide professional, confidential, and non-judgemental counselling and psychotherapy services for individuals, couples, families, children and adolescents, groups, and organisations. Our Registered Psychologists offer a warm, person-centred approach, **using evidence-based therapies to support personal and workplace wellbeing.** Sessions are offered on a fee basis.

Medicare rebates available

**Private health fund rebates may apply
In-person and virtual care (telehealth)**

Services are delivered by experienced and registered psychologists with varying specialty areas to match each client's needs.

Explore our services



PSYCHOLOGICAL ASSESSMENT

Clear insight. Tailored and practical next steps.



Our assessment services provide in-depth insight into how an individual thinks, learns, and functions. We assess cognitive abilities, personality, neurodivergence (including ADHD and autism), potential underlying diagnoses and offer vocational assessments. **Assessment outcomes are carefully interpreted and translated into clear, practical recommendations,** helping individuals, families, and professionals understand strengths, challenges, and the most appropriate next steps for support, treatment, or accommodations.

**Book an
appointment or
refer**



COMMUNITY CLINIC SERVICES

Accessible, low-cost mental health support

Our Community Clinic is a key part of our not-for-profit work, reflecting our commitment to making quality counselling and psychological services accessible.

We provide **free individual counselling for people aged 4 and above and low-cost assessments,** including Cognitive and Achievement Testing/Assessment.

No referral needed

In-person and virtual care (telehealth)

Services are delivered by provisional psychologists and counsellors-in-training under the guidance of experienced supervisors.

Explore our services

