

MindCare Psychology Services

Onsite Counselling at Port Melbourne Primary School

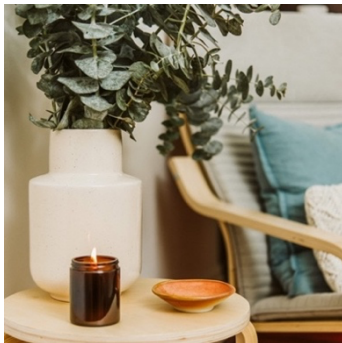
MindCare Psychology Services is led by **Bianca Stephenson-Gromer**, Registered Psychologist and board-approved supervisor. Bianca works closely with children, families and schools to provide warm, professional, and evidence-based psychological support tailored to each child's individual needs.

Bianca offers onsite psychology services at Port Melbourne Primary School, with sessions delivered discreetly during the school day. Appointments are carefully scheduled to fit within classroom timetables, ensuring minimal disruption to learning and specialist classes. Supporting children in their familiar school environment helps them feel safe, supported, and understood as they develop emotional wellbeing skills.

Our Approach

Every child is unique, and because of this Bianca believes psychological support should reflect each child's distinctive strengths, needs and developmental stage. Therapy is tailored using evidence-based approaches and, where appropriate and with parent consent, involves collaboration with families and teachers to support consistency between home and school.

MindCare Psychology Services supports children and adolescents with a range of emotional, behavioural, and developmental concerns, including: anxiety (such as generalised anxiety, social anxiety, panic and school refusal), low mood and depression, emotional regulation difficulties, stress and overwhelm, grief and loss, self-esteem and confidence challenges, ADHD, Autism Spectrum Disorder (ASD), Obsessive-Compulsive Disorder (OCD), trauma and post-traumatic stress, anger or behavioural difficulties, sleep problems, and social, relationship or learning-related concerns.



Fees & Medicare Rebates

- Standard fee: \$220 per session
- Concession fee: \$170 per session (with a valid concession card)

If your child has a Mental Health Care Plan and GP referral, you may be eligible for a Medicare rebate of \$96.65 per session.

A complimentary 10-minute parent consultation is available to discuss your child's needs and whether psychology support is appropriate.

Low-Cost Psychology Services (Expression of Interest)

A limited number of lower-cost psychology appointments are available with a 6th-year Master's Provisional Psychologist, working under the close supervision of Bianca Stephenson-Gromer. Families who may benefit from this option are welcome to enquire with an expression of interest.

How Referrals Work at Port Melbourne Primary School

Referrals can occur in the following ways: Parent or caregiver self-referral (no teacher referral required), or school referral, with parent consent

Once an enquiry is received:

1. A brief parent consultation is arranged
2. Consent forms and referral details are completed
3. Sessions are scheduled during school hours in consultation with the school and parent.

To enquire or book a parent consultation please email: reception@mindcareps.com.au

Bianca Stephenson-Gromer
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