WELLNESS AVENUE

About our Clinic:

Wellness Avenue is a private psychology clinic, offering telehealth based sessions, Australia-wide.

Our approach is holistic, evidence-based and trauma-informed, with an emphasis on empowerment, mind–body connection, and sustainable wellbeing.

Areas of Interest

Anxiety, panic, stress + burnout
Low mood, depression & mood disorders
Trauma, PTSD & trauma recovery
Perinatal, postnatal & women’s mental health
Life transitions, identity & self-worth
Adolescent mental health
Interpersonal & relationship concerns

Our Psychologists

Megan Sinclair

DIRECTOR + CLINICAL PSYCHOLOGY REGISTRAR

Kirsty Troy

CLINICAL PSYCHOLOGY REGISTRAR

Referral Details

ONLINE PSYCHOLOGY SESSIONS, AUSTRALIA-WIDE

EMAIL REFERRALS TO:
HELLO@WELLNESSAVENUE.COM.AU

Referrer information page