



MEGAN MCCABE

CONSULTING PSYCHOLOGIST

Megan works with adults challenged by anxiety, stress, mood management, trauma, self-esteem and relationships. Megan will see clients who are referred by TAC and Victims of Crime.

MEGAN'S INTERESTS INCLUDE:

- Anxiety
- Trauma recovery
- Depression
- Low self-esteem
- Relationship difficulties
- Substance abuse
- Grief and loss
- Life adjustment / transition difficulties
- Stress
- Workplace conflicts
- Emotional regulation difficulties

WHO SHOULD YOU REFER TO MEGAN?



Adults and adolescents aged 16 years and over who feel flat, anxious, depressed, lacking self-esteem or stressed.



Adults adjusting to a major life change or transition, or have experienced trauma.



Adults challenged by substance abuse/use or friends of family of the person using.



People who are experiencing conflicts within their personal or work relationships.



Megan consults from our **Mill Park** and **East Melbourne, and City CBD** clinics

T: (03) 9419 7172

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www.vcps.com.au

VICTORIAN COUNSELLING & PSYCHOLOGICAL SERVICES



VCPS practitioners operate out of seven locations across Melbourne:

East Melbourne - 62 Wellington Parade

Melbourne CBD - QV, 292 Swanston Street

South Yarra - 99 Commercial Road

Mill Park - 20 Civic Drive

Sunshine - 324 Hampshire Road

Richmond - 620 Victoria Street

Canterbury - 215 Canterbury Road

Telehealth - available anytime, anywhere



Languages available:

Greek, Polish, German, French, Italian,
Kannada, Hindi, Coorgi, Cantonese, Arabic &
Mandarin.

For all enquiries please contact:

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