



North East
Clinical Psychology

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<http://www.northeastclinicalpsychology.com.au>

Melita Rossa is a Clinical Psychologist in private practice in the Melbourne suburbs of Yarrambat and Eltham. She offers a safe and respectful space to talk through private concerns and identify helpful strategies for improved well-being.

Melita has a gentle, positive, open minded and holistic personal approach. Her work is underpinned by scientifically supported therapeutic methods (including mindfulness therapies and Cognitive Behavioural Therapy - CBT) that have been proven to enhance well-being.

Melita appreciates that the cost of seeing psychologists can be a barrier for attending. Therefore, she offers very affordable rates for everyone and concession fees for low income earners.

Melita works with adults of all ages (including older ageing adults) and older adolescents. Some of the areas Melita may be able to assist with include;

- Depression and/or anxiety
- Stress and/or burn out
- Relationship problems including break ups
- Difficulty coping with life changes
- Grief and loss
- Physical and chronic health issues
- Psycho-oncology (cancer support)
- High personal sensitivity
- Support during the perinatal period
- Infertility
- Work, study or career concerns
- Binge or emotional eating habits
- Carer support
- Support for personal growth and development



Melita has worked in the mental health field for the past 19 years. During this time, she has worked in Clinical and Health Psychology teams in major public hospitals around Melbourne, and extensively in community based mental health services.

For more information please visit www.northeastclinicalpsychology.com.au.

To make an appointment or speak to Melita please contact her directly on 0478 947 818 or email melita@northeastclinicalpsychology.com.au.