

2020

GET A GP GUIDE



MUMMUS
INCORPORATED

COMMUNITY AND WELLBEING

As a student in the Monash Medicine course, you will acquire a wealth of knowledge that will open your mind even further, meet people who will become your family, emotional support and future colleagues, and network with inspiring staff who truly want the best for you! Indeed, medicine is a career where the highs are high, but where the lows can be low!

Unfortunately, medical students are at an increased risk of having difficulty with their mental health. Therefore it is important to have strategies in place to look after your mental wellbeing. This includes finding a regular GP.

GPs are an excellent source of guidance if you are feeling stressed, overwhelmed, or simply need advice (they have been through medicine too!). They can provide you with resources, coping strategies and assess the need for further intervention.

Looking after your physical health is just as important as your mental health – the two come hand in hand! Consider seeing your GP for a flu-shot, sexual health check, annual blood tests, sleep hygiene strategies and information about contraception.

Most importantly, it is important to have someone who can see you when you are feeling yourself, so that when you are not feeling quite right they are able to assist you with an individualised coping plan. If we tried to cope with everything on our own, we may end up in a worse-off position that if we had asked for help earlier on.

MEGAN HERSON
COMMUNITY + WELLBEING CHAIR 2020



General Practitioners

Updated as of March 2020

Clinic Name	Address	Phone Number	Comments
<i>Western Suburbs</i>			
Modern GP Medical Centre	20 Paisley Street, Footscray, VIC 3011	8685 8448	
Sunshine Marketplace Medical Centre	Sunshine Marketplace Shopping Centre, Shop 45 / 80 Harvester Road, Sunshine, VIC 3020	9364 9222	<i>Bulk billing with a Medicare card</i>
Altona Superclinic	1 Central Ave, Altona Meadows VIC 3028	9360 8200	
Hoppers Lane General Practice Clinic	242 Hoppers Lane, WERRIBEE, 3030	8731 6500	
Medical One-Sunshine	324 Hampshire Road, SUNSHINE, VIC 3020	9310 2947	

Clinic Name	Address	Phone Number	Comments
<i>South-Eastern Suburbs</i>			
Armadale Family Clinic (Formerly Malvern Family and Women's Clinic)	Cnr Kooyong & High Street, Armadale 3143 VIC	95091811	<i>Private billing</i>
Medi7 Clayton	255 Clayton Rd, Clayton VIC 3168	9013 9795	<i>Bulk billing</i>
Wynlorel General Practice	1368 High Street, Malvern	9509 4488	<i>Private billing</i>
Casey Superclinic	50 Kangan Drive, Berwick VIC 3806	9707 4777	
Access Medical Group	1 Rezes St, Wantirna South VIC 3152	9887 0211	
Access Medical Group	2 Magid Ave, Wheelers Hill VIC 3150	9562 2288	
Medi 7	255 Clayton Rd, Clayton VIC 3168	03) 9013 9795	
Monash Doctors Surgery	1361 Centre Rd, Clayton VIC 3168	03) 9562 9222	
Dandenong Superclinic	56-58 Stud Road Dandenong VIC 3175	(03) 9791 5344	<i>Bulk billing with a Medicare card</i>
Dandenong Surgery	58/60 Stud Rd, Dandenong VIC 3175	9791 5344	
Dandenong West Medical Centre	73 Hemmings St, Dandenong VIC 3175	9791 2377	
Dandenong City Clinic	9 Pultney St, Dandenong VIC 3175	9791 9044	
EdenRise Family Clinic	2 Ridgmont Drive, Berwick	03 8794 7273	
St.James Medical Centre	10 St James Ave, Springvale VIC 3171	9547 7245	
Duff Street Medical Clinic	3 Pearl Court, Cranbourne VIC 3977	5995 4988	

Pakenham Family Health	1/37 Main St, Pakenham VIC 3810	5940 3133	
Narre Warren Clinic	103 Prospect Hill Road, Narre Warren 3805.	9705 4400	
Glen Iris Medical Centre	18 High St, Glen Iris	03 9885 4562	<i>Bulk bill pensioners, health care card holders, may bulk bill medical students at doctor's discretion</i>
Glen Waverley General Practice	235 Springvale Rd, Glen Waverley, VIC 3150	8822 8399	
Kingsway Medical Clinic	5/40 Montclair Av, Glen Waverley, VIC 3150	9560 7366	<i>Bulk billing with a Medicare card</i>
Glen Family Medical centre	307 Springvale Road, Glend Waverley, VIC 3150	9560 7888	
Access Medical Group - Wheelers Hill	2 Magid Avenue, Wheelers Hill, VIC 3150	9562 2288	
Waverley General practice	370 Blackburn Rd, Glen Waverley, VIC, 3150	9802 8155	<i>Private billing</i>
Glen Union Medical centre	224 Spingvale Rd, Glen Waverley, VIC, 3150	9803 6633	<i>Bulk billing, \$20 new patient fee</i>
Kerrie Road Family Medical Centre	880 High Street Road Glen Waverley VIC 3150	9803 1022	<i>Bulk bills medical students</i>
Glenmount Medical Clinic	598 High street Rd, Glen Waverley, VIC, 3150	9802 9101	
Dr John Reid	859 Waverley Rd, Glen Waverley, VIC 3150	9561 4303	<i>Private clinic – may bulk bill medical students at doctor's discretion</i>
Waverly Family Healthcare	58 Pinewood Drive, Mount Wavery, VIC 3149	03 9802 8000	
Capstone Medical Centre Toorak	Toorak Place, 1/521 Toorak Rd, Toorak, 3142	03 8807 2511	<i>Bulk bills medical student – mention on phone prior to appointment</i>

Clinic Name	Address	Phone Number	Comments
<i>Eastern Suburbs</i>			
Swinburne Health Service	4/34 Wakefield St, Hawthorn VIC 3122	9214 8483	<i>Free for Swinburne university students. Reduced private fee for medical students</i>
Advocate Medical Centre	6 Landale St Box Hill 3128	03 9898 0610	<i>Will bulk bill with Medicare</i>

Swinburne Health Service	4/34 Wakefield St, Hawthorn VIC 3122	9214 8483	<i>card – mention you are medical student</i>
Swinburne Health Service	4/34 Wakefield St, Hawthorn VIC 3122	9214 8483	
Burwood Heights Medical Centre	12 Burwood Hwy, Burwood East VIC 3151	<u>9808 7799</u>	
Blackburn South Medical Centre	164 Middleborough Road, Blackburn South	9877 1200	<i>Will bulk bill with health care card</i>
Rowville Central Clinic	1/7 Fulham Rd, Rowville VIC 3178	(03) 9763 8899	
Seymour Street Medical & Dental Centre Ringwood	11 Seymour St, Ringwood VIC 3134	9955 0606	
	KEW		<i>Bulk billing with a Medicare card</i>
Medi7	35 Manchester Rd, Mooroolbark VIC 3138	9013 9793	
Myhealth Medical Centre Westfield Doncaster	Westfield Doncaster, 619 Doncaster Rd, Doncaster VIC 3108	8080 1218	
MyClinic Camberwell	622-624 Burke Road, Camberwell, VIC, 3124	9882 0055	

Clinic Name	Address	Phone Number	Comments
<i>Bayside</i>			
Genesis Medical Centre	390 Bay Street, Brighton North 3186	9596 6422	
Medi 7 Bentleigh	463 Centre Rd Bentleigh VIC 3204	9013 9795	
Beach Street Family Medicine	61 Beach St, Frankston VIC 3199	9781 5177	<i>Bulk billing with a Medicare card</i>
Belvedere Park Medical Centre	266 Seaford Rd, Seaford VIC 3198	9786 4866	
Carrum Downs Doctors	335 Ballarto Rd, Carrum Downs VIC 3201	9782 5738	
Dromana Family Doctors	Suite 14/143 Point Nepean Rd, Dromana VIC 3936	5984 9000	<i>Bulk bills with health care cards</i>
Frankston Healthcare	4/42 Young St, Frankston VIC 3199	9770 0023	
McDonald Street Medical Centre	4-6 McDonald St, Mordialloc VIC 3195	9580 6111	
Seaford Beach Family Clinic	115 Nepean Highway, Seaford, VIC 3198	9773 6622	
Primary Medical and dental centre Highett Doctors at Bayside	1209-1215 Nepean Hwy, Highett VIC 3190	8523 9000	<i>Bulk billing with a Medicare card</i>
	26 Bay Road, SANDRINGHAM, VIC 3191	9521 6633	
Mentone Medical Clinic	Thrift Park Shopping Centre, 25/171 Nepean Highway, MENTONE VIC 3194	9585 4863	
Chelsea Arcade Medical	10/426 Nepean Hwy, Chelsea VIC 3196	9772 9878	

Elwood Family Clinic	63 Glen Huntly Rd, Elwood VIC 3184	9531 6766	<i>Private clinic – bulk bills medical students at doctor’s discretion</i>
Doctors @ Bayside	26 Bay Rd, Sandringham VIC 3191	(03) 9521 6633	<i>Bulk billing with a Medicare card</i>

Clinic Name	Address	Phone Number	Comments
<i>Inner-city</i>			
MyClinic Balaclava	161/163 Carlisle St, Balaclava VIC 3183	9531 8383	
St Kilda Super Clinic	Level 1, Acland Court 156- 160 Acland Street, St Kilda VIC 3182 Australia	95255766	<i>Bulk billing with a Medicare card</i>
Realcare Health Clinic	245 Park St, South Melbourne VIC 3205	9699 1088	
Elizabeth St Family Care	93 Elizabeth St Richmond, 3121	(03) 94295822	
Bay Street Medical	Suite 11, 3 / 120 Bay Street Port Melbourne, VIC 3207	03) 9676 8888	<i>Private clinic</i>
Premier Health Partners: Family Medical	491-495 King Street West Melbourne VIC 3003	03) 9329 7077	<i>Private clinic – bulk bills medical students at doctor’s discretion</i>
North Melbourne Family Medical Centre	452 Victoria Street, North Melbourne, VIC 3051	(03) 93281151	
QV Medical (claims to be the best GP with the finest quality doctors on their website)	Lvl 1, QV Melbourne, Shop 53-55, 292 Swanston St, Melbourne	03 9662 2256	<i>Bulk billing with a Medicare card</i>

Clinic Name	Address	Phone Number	Comments
<i>Northern Suburbs</i>			
Moonee Ponds Medical Centre	34/46 Holmes Rd, Moonee Ponds, VIC 3039	9945 7777	
Victoria Street Medical Group	318 Victoria Street, Brunswick, VIC 3056	03 8560 3040	
Sussex Medical Centre	234 Sussex St, Pascoe Vale VIC 3044	(03) 9354 7073	<i>Bulk billing with a Medicare card</i>
Camps Road Family Clinic	428 Camp Road Broadmeadows, VIC 3047	9309 9978	
Northlands Medical Centre	Northland Shopping Centre, 2-50 Murray Rd, Preston VIC 3072	9471 9987	

Clinic Name	Address	Phone Number	Comments
<i>Gippsland</i>			
Buckley Street Family Practice	Corner of Buckley Street and Hopetoun Avenue, Morwell, VIC 3840	5133 7999	<i>Bulk billing with Medicare card</i>
Central Gippsland Family Practice	28 George Street, Moe, VIC 3825	5127 9800	<i>Bulk bills for health care card holders</i>
Victoria Street Medical Clinic	27a Victoria Street, Warragul, VIC 3820	5623 1100	<i>Bulk billing with Medicare card</i>
Central Clinic	170 Normanby Street, Warragul, VIC 3820	5622 3377	<i>Bulk bills for health care card holders</i>
Latrobe Medical Centre	24 Kay St, Traralgon VIC 3844	5174 0555	<i>Bulk billing with Medicare card</i>
Hazelwood Health Centre	9 Georgina Pl, Churchill VIC 3842	5122 2555	
Hillcrest Family Medicine	26 Seymour St, Traralgon VIC 3844	5174 2345	
Hollie Drive Medical Centre	5 Hollie Dr, Morwell	5135 3555	
West Gippsland Medical Clinic	11 Barkly Street, Warragul, VIC 3820 61 Smith Street, Warragul, VIC 3820	5623 2251	<i>Bulk bills for health care card holders</i>
South Gippsland Family Medicine	4-6/1 Billson Street, Wonthaggi, VIC. 3995	5672 4111	<i>Bulk billing with Medicare card</i>
Mid Valley Family MedicineShop	59 Mid Valley Shopping Centre, Morwell	5134 3888	
Trafalgar Medical Centre	24a Contingent St, Trafalgar	5633 2211	
Maffra Medical Group	160 Johnson Street Maffra Vic 3860	03 5147 1011	<i>Bulk bills for health care card holders</i>
Bairnsdale Family Medical Centre	Shop 12, 30 Howitt AVENUE, EASTWOOD, 3875	03 5152 7135	
Leongatha Healthcare	14 Koonwarra Road, Leongatha Vic 3953	03 5662 2201	

Clinic Name	Address	Phone Number	Comments
<i>Bendigo</i>			
Bendigo Medical Centre (Bridge St Medical Centre)	63-65 Bridge St, Bendigo	03 5454 2300	<i>Bulk bills for health care card holders</i>
Tristar Medical Epsom	71-73 Midland Highway, Epsom, VIC, Australia 3551	03 5448 5952	<i>Bulk billing with Medicare card</i>
Tristar Medical Kangaroo Flat	68-72 High Street, Kangaroo Flat, VIC, Australia 3555	03 5447 7088	
Mostyn St Clinic	11 Mostyn St, Castlemaine VIC 3450	03 5472 1255	<i>Bulk bills for health care card holders</i>

Clinic Name	Address	Phone Number	Comments
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Mildura			
Tristar Langtree Clinic	87-89 Langtree Avenue, Mildura VIC 3500	03 5023 1200	<i>Bulk billing with Medicare card</i>
Tristar Ontario Clinic	239-241 Thirteenth Street, Mildura VIC 3500	03 5022 9247	
Deakin Medical Centre	255 Deakin Avenue, Mildura	03 5022 1488	<i>Bulk bills medical students on placement at their clinic</i>
Tristar Medical Group	152-162 Campbell Street, Swan Hill, 3585	(03) 5032 2133	<i>Bulk billing with Medicare card</i>

Clinic Name	Address	Phone Number	Comments
University health services			
Clayton Campus	21 Chancellor's Walk (Campus Centre), Ground Floor	9905 3175	<i>Bulk billing with Medicare card</i>
Caulfield Campus	Building B, Level 1, Room 146A	9903 1177	<i>Bulk bills only for Monash University students</i>
Peninsula Campus	Building U, Level 1, Room U1.39	9904 4615	

Mental Health Care Centres

Updated as of March 2020

Clinic Name	Address	Phone Number	Comments
Western Suburbs			
The Oaks Consulting Rooms	99 Gordon Street, Footscray, VIC, 3011	9317 7808 & 0402 208 154	<i>Bulk bills with Mental Health Care Plan</i>
Mind and Heart Solutions (Didah Garcia)	Shop 45 (inside Chemist) 80 Harvester Road, Sunshine VIC 3020	9830 8090	<i>Bulk bills for health care card holders, reduced fees for medical students</i>
VCPS - Victorian Counselling & Psychological Services	Sunshine Plaza Shopping Centre, 324 Hampshire Rd, Sunshine VIC 3020	9419 7172	<i>Bulk bills full time students and health care card holders</i>
Headspace Werribee	Shop 13, 5 Duncans Road, Werribee VIC 3030	8001 2366	<i>Bulk bills for people aged up to 25</i>
Westgate Health and Wellness Centre (Catherine Panayi)	143 Durham Road, Sunshine VIC 3020 & Suite 17, 2-8 Stenson Road Kealba VIC 3021	8669 4094	<i>Bulk bills with Mental Health Care Plan</i>
South-Eastern Suburbs			
Sympatico Psychological Services (Sylvia Niele)	Room 4 Level 2, 758 High Street, Armadale VIC 3143	0407 541 141	<i>Reduced fees with Mental Health Care Plan</i>
Wattletree Psychology	307 Wattletree Road, Malvern East, Vic	9500 0455	<i>Reduced fees with Mental Health Care Plan</i>
South Eastern Counselling and Psychology	5/94 High Street, Berwick, 3806	1300554662	
Myhealth Medical Centre Chadstone	Shop EX001 Chadstone Shopping Centre, 1341 Dandenong Road, Chadstone, Victoria 3148	8080 1215	
Psychology 4 Change	Dandenong: 71 Stud Road, Dandenong, Vic 3175 (cnr Stud Rd & Bruce St) Also located in Frankston: 360 Nepean Hwy, Frankston, Vic 3199	Dandenong: (03) 97946336; Frankston: (03) 9770 6055	<i>Bulk bills with Mental Health Care Plan</i>
The Talk Shop	Suite 3, Ground Floor, 2 Brandon Park Drive, Wheelers Hill 3150	1300 224 665	
South Eastern Counselling & Psychology	45 Rogers St, Pakenham VIC 3810	1300 554 662	
South Eastern Counselling & Psychology	8/418 Princes Hwy, Narre Warren 3805	1300 554 662	<i>Bulk bills with health care card</i>
Centre 4 Inspiration	401 Hawthron Rd, Caulfield South, Victoria 3062	90343380	<i>Does not bulk bill – up to discretion of therapist</i>

Life Supports Glen Iris Clinic	1586 High Street, Glen Iris	1300 735 030	
Myhealth Medical Centre Toorak	Toorak Place, 1/521 Toorak Rd, Toorak, 3142	03 8807 2511	<i>Bulk bills with Mental Health Care Plan and proof of being a student</i>
<i>Eastern Suburbs</i>			
Swinburne Psychology Clinic	The George Swinburne Bldg, 34 Wakefield St, Hawthorn VIC 3122	(03) 9214 8653	<i>Not covered by Medicare or private health insurance</i>
Linda Roglic	Box Hill Medical Centre, 528 Station Street BOX HILL, 3128, VIC	9890 1024	<i>Bulk bills with Mental Health Care Plan or health care card</i>
Blackburn South Medical	164 Middleborough Rd, Blackburn South 3130	9890 0031	<i>Bulk bills with health care card</i>
Dr Jane Weaver	1st Floor, 66 Harp Road, Kew 3101	0405484770	<i>Reduced fees for medical students</i>
<i>Bayside</i>			
Genesis Medical Centre	390 Bay Street, Brighton North 3186	9596 6422	<i>Bulk bills with Mental Health Care Plan</i>
Three Seas	99 Bay street, Brighton 3186	98091000	<i>Bulk billing but limited spots – contact them to go on waitlist</i>
Frankston Counselling Services	51 Cranbourne Rd, Frankston VIC 3199	9770 6354	<i>Out of pocket fee rebate available if have Mental Health Care Plan</i>
Primary Medical & Dental Centre Highett	1209-1215 Nepean Hwy, Highett VIC 3190	8523 9000	<i>\$45 out of pocket fee</i>
Rosewood Medispa	ELWOOD/ELSTERNWICK: 214 Glen Huntly Road Elsternwick, Victoria 3185	(03) 9068 5404 abigail.weston@rosewoodmedispa.com	<i>Enquire within – varies with psychologists</i>
<i>Inner-city</i>			
Prahran Psychology Clinic	Shop 1 – 009, 670 Chapel Street, South Yarra VIC 3141	9828-7500	<i>Medicare rebates with Mental Health Care Plan</i>
Person Centred Psychology	Level 1, 403 St Kilda Rd, Melbourne VIC 3004	0390284180	<i>Enquire within – varies with psychologists</i>
ALBERT PARK PSYCHOLOGY	11 Victoria Avenue Albert Park VIC 3206 ALBERT PARK	9690 7918	<i>Not bulk billing but Specialist Clinical Psychology Medicare Rebates available with an appropriate GP referral</i>
South Melbourne Psychology	140 Albert Road, South Melbourne	(03) 9696 2432	<i>Bulk bills with health care card</i>
Emotion Focused Psychologists	Level 1, 102 Toorak Rd, South Yarra, VIC 3141	(03) 9820 5588	<i>Bulk bills with health care card and up to discretion of</i>

			<i>psychologist</i>
The Talk Shop	Suite 115, Level 1, 343 Little Collins Street, Melbourne VIC 3000	1300 224 665	<i>Bulk bills at certain times of the day – enquire within</i>
Laura Agosta based with North Melbourne Family Medical Centre	452 Victoria Street North Melbourne, VIC 3051	0393281151	<i>Non bulk-billing but Medicare rebate available</i>
Northside Clinic	370 St. Georges Road, Fitzroy North	03 9485 7700	<i>Rebate available with Mental Health Care Plan</i>
Integrative Psychology	Lansdowne House, 182-184 Victoria Parade, East Melbourne	03 9663 0355	<i>Non bulk-billing but Medicare rebate available - \$15.20 out of pocket</i>
The Three Seas Psychology Group	Lvl 11, 118 Queen St, Melbourne	03 9809 1000	<i>Some psychologists will charge a student concession rate of \$45 out of pocket (with Mental Health Care Plan rebate)</i>
<i>Northern Suburbs</i>			
North Coburg Medical Centre	Level 1, 11-17 Orvieto St, Coburg North, 3058	93541186	<i>Will bulkbill if on a Mental Healthcare Plan, but only in on Thursdays and Fridays</i>
SIA Medical Centre Essendon	1140 Mt Alexander Rd, Essendon, VIC, 3040	9374 1322	<i>Most psychologists have a \$55 out of pocket with Mental Health Care Plans (\$140-84.80)</i>
Moonee Ponds Medical Centre	34 - 46 Holmes Road, Moonee Ponds VIC 3039	0399457777	<i>No out of pocket with Mental Health Care Plan</i>
Victoria Street Medical Group	318 Victoria Street, Brunswick, VIC 3056	03 8560 3040	<i>Charge \$25 gap fee with Medicare card</i>
Dr Maureen Pianta	6 Melville Rd, Pascoe Vale South VIC 3044	(03) 9386 3409	<i>No bulk-billing, but with Mental Health Care Plan, rebate \$124.50 of \$170 (out of pocket \$45.50)</i>
Engage 1 on 1	181 High St, Northcote	03 9489 3007	<i>If on a health care card with Mental Health Care Plan: \$35.50 out of pocket for a clinical psychiatrist, \$45.20 out of pocket for a registered psychiatrist. Otherwise, \$65.60 out of pocket for clinical psychologist, \$75.20 out of pocket for registered psychologist</i>

Jennifer Barnes	1 Dalgety St, Preston VIC 3072	9471 4124	<i>Bulk bills with Mental Health Care Plan and</i>
<i>Gippsland</i>			
Redman and Associates	12 Hopetoun Ave, Morwell VIC 3840	5133 9191	<i>Bulk bills – enquire for specific requirements within (differs between staff)</i>
Latrobe Community Health Service	42-44 Fowler Street PO Box 63 Moe	1800 242 696	<i>Bulk bills with Mental Health Care Plan</i>
Central Clinic	170 Normanby Street, Warragul	5622 3377	
New View Psychology Traralgon	Suite 4/76 Hotham Street, Traralgon VIC 3844	1300 830 684	
Latrobe Medical Centre	24 Kay St, Traralgon VIC 3844	5174 0555	
Dr Valerie Brown (vbrownpsychology@bjgpond.com)	SALE - Inglis Medical Centre (12 Inglis St, Sale VIC 3850), Maffra Medical Group (160 Johnson St, Maffra VIC 3860)	Inglis (03 5143 7900)	<i>Bulk billing with Medicare card</i>
Banksia Healthcare	LEONGATHA - 36B Bair Street, Leongatha, VIC 3953	5662 4800	
<i>Bendigo, Epsom, Kangaroo Flat</i>			
Bendigo community health services	171 Hargreaves Street, Bendigo	03 54481600	<i>Enquire within</i>
<i>Mildura</i>			
Sunraysia Community Health Services	137 Thirteenth St, Mildura VIC 3500	5022 5444	<i>Bulk bills with GP referral</i>
Bloom Psychology	150 Pine Avenue, Mildura Vic 3500	0418 161 197	

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<u>University health services</u>			
Clayton Campus	21 Chancellor's Walk (Campus Centre), Ground Floor	9905 3175	<i>Bulk bills only for Monash University students</i>
Caulfield Campus	Building B, Level 1, Room 146A	9903 1177	
Peninsula Campus	Building U, Level 1, Room U1.39	9904 4615	



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All attempts were made to ensure information in this guide is accurate and up to date. Please use this booklet as a guide and seek professional advice for your own personal circumstances. MUMUS accepts no responsibility for the views and opinions expressed in this booklet.