



About Evolve

Introducing Mel, the owner and principal clinician at Evolve Well Health! Mel is a Registered Nurse with over 20 years of experience in paediatric nursing, supporting children and families across a wide range of health, developmental, and emotional needs.

At Evolve, we focus on early intervention, mental health, and child and family wellbeing. With specialised training in Mental Health Nursing and Child-Centred Play Therapy, our work is grounded in evidence-based, holistic support that meets children where they are.

Children thrive when the adults around them feel informed, connected, and confident. By engaging parents, educators, and other key supports, we help create consistent environments and strategies that reinforce a child's progress.

Our approach at Evolve is person-centred and trauma-informed, supporting children in ways that feel safe, meaningful, and attuned, so they feel truly seen, heard, and understood.



[Evolve Well Health](#)



[62 Ellen Street, Po Box 173, Port Pirie](#)



www.evolvewellhealth.com





Supporting families

Supporting children and families with:

- Emotional regulation and behavioural challenges
- Anxiety, fears, and phobias
- Trauma, grief, and loss
- Neurodevelopmental conditions (Autism, ADHD, ADD)
- Family stress, adjustment, and relationship challenges
- Illness or chronic health conditions
- Support during pregnancy and early parenthood

I provide support for children from birth through 12 years of age.

Service and Pricing

Evolve Well Health offers a range of therapeutic and clinical support services tailored to each family's needs.

Session Fees (time-based):

45 minutes – \$140.00

60 minutes – \$193.99

You may be eligible for rebates or funding support:

- Medicare GP Management Plan (EPC): Up to 5 rebated sessions per calendar year (check eligibility with your GP).
- Pregnancy Counselling: Up to 3 Medicare-rebated sessions (referral required).
- NDIS-funded and private clients welcome.

To make a referral or enquiry, please email us at info@evolvewellhealth.com or visit www.evolvewellhealth.com



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