Mental Health and Wellbeing Support for Cairnmillar Students



ANSA Health has a team of over 85 experienced psychologists to help you manage academic challenges and difficulties arising in your personal life. Support is confidential.

What's included

- 3 confidential psychology sessions per student
- Registered clinicians experienced in workplace challenges and personal mental health
- Practical, evidence-based care plus guided resources to use between sessions
- Flexible virtual appointments to fit your schedule
- Support for (but not limited to); stress, relationships, communication, anxiety, low mood, conflict, grief/loss, sleep/fatigue, substance use, anger, emotional difficulties, coaching

Who can access this support

- All eligible students.
- Support is available for both personal and study-related concerns.

ANSA Health



Your confidentiality:
All clinical care is private.
Cairnmillar receive de-identified utilisation reporting only.
Your personal information and session details remain confidential under clinical governance.

Book an Appointment

Contact ANSA Health and state you're a Cairnmillar Student

Email virtualclinic@ansahealth.com or call 1300 920 904,

The ANSA team will be happy to organise an appointment for you.

ansahealth.com