

## **The Mind Room: Melbourne's Premier Psychology Clinic Empowering Mental Wellbeing**



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**Collingwood, Victoria Apr 7, 2025 ([Issuewire.com](https://www.issuewire.com))** - In the heart of Collingwood, The Mind Room stands as a beacon of support for mental health, performance, and personal growth. Founded by respected psychologists Dr Jo Mitchell and Michael Inglis, the clinic has grown into one of Melbourne's leading centres for psychological care, offering a modern, evidence-based approach to well-being.

With a diverse team of over 30 highly trained [psychologists in Melbourne](#), The Mind Room delivers a broad range of services, including individual therapy, performance coaching, and bespoke workshops. These services are designed to meet the unique needs of individuals, elite athletes, creatives, and progressive workplaces seeking to build resilience, foster mental clarity, and enhance overall quality of life.

“At The Mind Room, we believe mental fitness is as essential as physical health,” says Dr Jo Mitchell, Co-Founder and Clinical Psychologist. “Whether someone is navigating anxiety, looking to improve their performance, or simply wanting to thrive in their day-to-day life, we provide a safe and empowering space for that journey.”

The clinic’s contemporary, welcoming environment is reflective of its forward-thinking philosophy. It’s not just a place to manage challenges, but a hub for cultivating strength, clarity, and meaning. Through mindfulness-based therapies, cognitive-behavioural approaches, and positive psychology, The Mind Room helps people take proactive steps towards mental health.

“Clients often tell us it feels different here,” says Michael Inglis, Co-Founder and Performance Psychologist. “We’ve created a space that de-stigmatises mental health and inspires people to take ownership of their psychological wellbeing—whether that’s in their personal life, on the field, or at work.”

The Mind Room also partners with organisations to support mentally healthy workplaces, delivering workshops and consultation services that address burnout, stress, and team performance. Their approach is grounded in psychological science and tailored to the demands of today’s fast-paced professional environments.

Located at the intersection of science, care, and creativity, The Mind Room continues to redefine how mental health support is delivered in Australia.

**To book a session, visit <https://themindroom.com.au/book-online/>**

### **About The Mind Room:**

The Mind Room is a Melbourne-based [psychology clinic in Collingwood](#). Founded by Dr Jo Mitchell and Michael Inglis, it offers individual therapy, performance coaching, and group workshops led by a team of over 30 experienced psychologists. The clinic supports individuals, athletes, and workplaces in achieving mental clarity, emotional resilience, and optimal performance.



## Media Contact

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