Dr Robbie Gillies OAM

Consultant psychiatrist (FRANZCP) · Founder and clinical lead, Evallies · Co-founder, HoMie

Please use "Dr Robbie Gillies OAM" on first mention and "Dr Gillies" after. "Robert" appears on formal documents and honours lists. Gillies rhymes with "lilies".

Short bio (50 words)

Dr Robbie Gillies OAM is a Melbourne consultant psychiatrist (FRANZCP) whose clinical work centres on ADHD, autism, OCD, anxiety and insomnia in adolescents and adults. He is the founder and clinical lead of Evallies and a co-founder of HoMie, the streetwear social enterprise supporting young people affected by homelessness.

Full bio

Dr Robbie Gillies OAM is a consultant psychiatrist (FRANZCP) in Melbourne. Most of his clinical week is spent assessing and treating ADHD, autism, OCD, anxiety and insomnia in adolescents and adults, with a particular interest in how these conditions present in women.

He studied medicine at Monash University, including a research year at the Icahn School of Medicine at Mount Sinai in New York, and completed his specialist psychiatry training with Alfred Health across adult, child and youth, infant and neurodevelopmental services. He holds a Master of Psychiatric Medicine from Monash, a Master of Public Health and Tropical Medicine from James Cook University and an Advanced Certificate in Child and Adolescent Psychiatry from the University of Melbourne, and was admitted as a Fellow of the Royal Australian and New Zealand College of Psychiatrists in 2023. He lectured in medicine and psychiatry at Monash from 2021 to 2023, and his research has appeared in the *Australian and New Zealand Journal of Psychiatry*, *Australasian Psychiatry* and the *Journal of Clinical Psychopharmacology*.

In 2023 he founded Evallies, where independent psychiatrists, psychologists, GPs and allied health practitioners see patients in Malvern East and Kew and by telehealth, and he co-founded Stork, its perinatal and women's mental health service. He hosts the Evallies podcast *That Explains a Lot*.

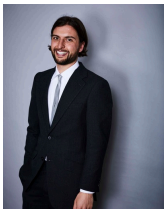
In 2015 he co-founded HoMie with Nick Pearce and Marcus Crook, growing a Facebook page about Melburnians experiencing homelessness into a streetwear label whose profits fund training and paid employment for young people affected by homelessness. He remains HoMie's longest-serving board member.

He received the Medal of the Order of Australia in 2019 for service to the community, was Victoria's Young Australian of the Year for 2016 and Young Victorian of the Year in 2017, and was named one of JCI's Ten Outstanding Young Persons of the World in 2016. He plays double bass with the Australian Doctors Orchestra.

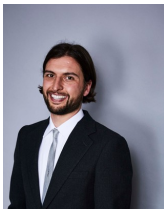
Media enquiries

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Photographs



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Topics

- ADHD in adults: diagnosis, assessment, and treatment beyond prescriptions
- Autism in adults, especially women: late diagnosis and masking
- OCD: intrusive thoughts, reassurance, and the therapy with the strongest evidence
- Insomnia and sleep; anxiety and burnout in high performers
- Perinatal and women's mental health, with colleagues from Stork
- Youth mental health, help-seeking, and access to care in Australia
- Youth homelessness and social enterprise: a decade of HoMie

Honours

- Medal of the Order of Australia, 2019
- Outstanding Alumni Award, James Cook University, 2021
- Westpac Future Leaders Scholarship, 2019
- Young Victorian of the Year, 2017
- Victorian Young Australian of the Year (for 2016) and national finalist
- Ten Outstanding Young Persons of the World, JCI, 2016

Dr Gillies comments as a consultant psychiatrist in his own professional capacity. Comments are general information and not individual medical advice. He does not comment on identifiable people, name prescription medicines or endorse products, and follows the Mindframe guidelines. © The Evallies Clinic Pty Ltd · evallies.com.au/media