



CQ Psych Services



IN THIS ISSUE

- Director's Message
- 2020 Best In Business Awards
- Gentle Encouragement
- Step On Toward Gentle Self-Care
- The Festive Season

PRACTICE INFORMATION

Psychologists

Suzie Humphrey

BPsych (Hons), MForMentH, MAPS

Tina Bunge

BPsych (Hons), Assoc. MAPS

Caitlin Roffey

BPsychSc (Hons), MOLT (USQ), MAPS

Provisional Psychologist

Kelsie Realf

BPsychSc, GradDipPsychAdv, Assoc MAPS

Admin Team

Jessica Butler – Business Manager

Diane Furno – Admin Officer

Karma – Office Assistant

Practice Hours

Mon – Fri 9:00 AM – 5:00 PM

Admin Hours

Mon – Thurs 9:00 AM – 2:30 PM

Address

1/137 Auckland Street,
Gladstone QLD 4680


We are located in Auckland Street, Gladstone. Two-hour street parking is available to clients on both Auckland and Herbert Streets.


Contact Information

Ph/Fax: 07 49726929

admin@cqpsychservices.com.au

Facebook & Website

 <https://www.facebook.com/cqpsychservices/>

 <https://cqpsychservices.com.au/>

DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 2, Issue 4 of our Newsletter. CQ Psych Services continues to offer a wide range of therapy, counselling and supportive services for mental health concerns as well as a range of assessments. We also offer services through third parties such as WorkCover, NDIS (self and plan managed only) and Employee Assistance Programs (EAP).

We are all excited to welcome our newest team members, Caitlin and Karma. Caitlin will be joining our clinical team as a registered Psychologist seeing a wide range of clients from across the lifespan. Karma is a Yr 12 graduate who intends to pursue a degree in Psychology in 2021. As our Office Assistant, Karma is very excited to assist our team in providing quality services to the Gladstone community.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issues topics include *2020 Best In Business Award*, *Gentle Encouragement is Not Just a Benefit to Others*, *Step One Toward Gentle Self-Care* and *The Festive Season*. I hope you enjoy this issue. You can expect our next Newsletter in February 2021.

Please contact the office if you would like to arrange an appointment and as always, we welcome all questions, queries, and feedback. Simply email us at admin@cqpsychservices.com.au

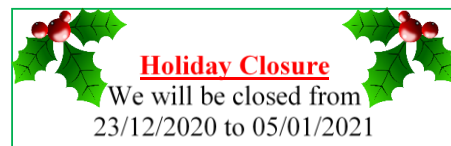
Keep an eye out on our Web, Facebook and Instagram pages as we continue to develop these sites.

Until next time...



Suzie Humphrey

Director, BPsych (Hons), MForMentH, MAPS



HOW TO REFER TO US

CQ Psych Services can receive referrals via fax on 4972 6929 or email admin@cqpsychservices.com.au

We accept GP Mental Health Treatment Plan, WorkCover and Private Health Insurance clients but **DO NOT** offer Bulk Billing. Our admin team is available between 9:00am and 2:30pm Monday to Thursday. Outside these times, please leave a message and we will happily call you back.

2020 Best In Business Award - Innovation

I think for most people, 2020 will be memorable for many of the wrong reasons. I know for us as a relatively young business, 2020 has been challenging with COVID-19 adding to the usual business pressures. Many people we talk to are almost wishing 2020 away with the belief that 2021 will be better.

With this as our basis for 2020, we were absolutely surprised and honoured to be notified that we had not only been nominated in a number of categories for the 2020 GCCI Best In Business Awards but that we were finalists in the Innovation category.

We put together our written award submission and participated in an interview with the judging panel. We booked our tickets for the awards dinner, got dressed up and went off to celebrate the category winners. It was going to be a fun night chatting to other guests. What I wasn't prepared for was to hear my business name announced as the winner of the Innovation category. I was stunned speechless!! No really, I couldn't think clearly, let alone speak.



It is now a couple of weeks since that amazing awards dinner. I remain honoured by the award and have thankfully found my voice. I want to thank my family, team, and the community for their ongoing support.

- Suzie Humphrey

Gentle Encouragement Is Not Just A Benefit To Others

Many people are harsh task masters to themselves, even when simultaneously being gentle, compassionate, and understanding with others. Some people don't even cut themselves

some slack when they are obviously under the weather. The way we'd like you to be thinking about your own self-care is a little different... it is not good enough to only practice good self-care with others. You are not superhuman, so why do you expect such unrelenting standards of yourself?

Think about some of the advice you have given to others recently...

- You're unwell, take a sick day.
- You need to take some time for yourself.
- Treat yourself.
- Take some time for a walk.
- Are you eating well?
- Take time for a cuppa.

Good self-care is a way of existing, not just a process that needs to be practiced at certain times. By practicing this even when the sun is shining, you will be in the best position possible when the next storm brews.

- Suzie Humphrey

Step One Toward Gentle Self-Care



The Festive Season

Wishing the community, a safe and joyous festive season. Should you need to seek support during this time, please see below a list of crisis contact numbers.

Emergency – 000
Lifeline Australia - 13 11 14
Kids Helpline – 1800 55 1800
Beyondblue – 1300 22 4636
MensLine Australia – 1300 78 99 78
SANE Australia – 1800 187 263

You can contact us to get further information or to enquire about an appointment by emailing us at admin@cqpsychservices.com.au, giving us a call or leaving a message on (07) 4972 6929, or message us on Facebook.