



# CQ Psych Services

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## PRACTICE INFORMATION

### Psychologists

Suzie Humphrey  
BPsych (Hons), MForMentH, MAPS

Tina Bunge  
BPsych (Hons), Assoc. MAPS

Caitlin Roffey (Mat. Leave)  
BPsychSc (Hons), Assoc. MAPS

### Provisional Psychologist

Kelsie Realf  
BPsychSc, GradDipPsychAdv, Assoc. MAPS

### Admin Team

Jessica Butler – Business Manager  
Diane Furno – Admin Assistant  
Samantha Moore – Admin Assistant  
Emily Humphrey – Promotions & Business Assistant

### Practice Hours

Mon – Fri 9:00 AM – 5:00 PM

### Address

1 & 2, 13 Tank Street,  
Gladstone QLD 4680

We are located in Tank Street,  
Gladstone. Parking is available to clients  
on both Tank Street and Off Lane.

### Contact Information

Phone: 07 4972 6929  
[admin@cqpsychservices.com.au](mailto:admin@cqpsychservices.com.au)

### Facebook & Website



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



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

## DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 3, Issue 2 of our Newsletter. At CQ Psych Services we pride ourselves on being able to offer a range of psychological services for clients. Our psychologists are continually taking part in the latest professional development training, to ensure that our service is second to none.

These past few months have seen us settle into our newly expanded practice location. The expansion allowed room for growth and in doing so, the ability to meet the needs of our community even better.

Ellie and Tom will be joining the team in 2022 as provisionally registered psychologists. Both Ellie and Tom will be focusing on conducting client assessments as well as providing direct client services for Private Clients, WorkCover, NDIS and EAP referrals. In addition, we have recently welcomed on board Emily Humphrey, as the Promotions and Business Assistant and Sam Moore, in an Administration role.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on coping with festive season stress and the school holidays. I hope you enjoy this issue.

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](mailto: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 & Principal Psychologist  
BPsych (Hons), MForMentH, MAPS

## HOW TO REFER TO US

CQ Psych Services can receive referrals via fax on 4904 1863 or email [admin@cqpsychservices.com.au](mailto:admin@cqpsychservices.com.au). We accept GP Mental Health Treatment Plans, WorkCover and Private Health Insurance clients but DO NOT offer Bulk Billing. Our admin team is available between 9:00am and 5:00pm Monday to Friday. Outside these times, please leave a message and we will happily call you back.

## FESTIVE SEASON STRESS

The festive season is meant to be a time of celebration and joy but can easily become a period plagued by high stress and distress. The festive holiday period is often a hugely busy time and as a result people can get super-stressed, tired and argumentative with family and others.

Some of the reasons people get stressed at this time include:

- working long hours to get things finished before the holidays
- worrying about the financial cost of buying presents
- getting all the celebration shopping done in time
- overdoing it with too many family, work or social events
- spending time with or without family
- travelling away from home

It is important to take some time for yourself during this period. Because the festive season is often jam-packed with family visits and activities, it's worthwhile making sure you have time out just to relax and be in your own space.

This may be as simple as taking half an hour to:

- go for a walk
- phone a friend
- find a quiet space to relax
- put your headphones on and close your eyes
- read a book
- listen to music
- do something fun



Above all, if you find that things are getting on top of you, reach out and talk to someone you trust about how you're feeling.

View our website for a full copy of the blog:  
<https://cqpsychservices.com.au/2021/11/05/festive-season-stress/>

- Suzie Humphrey

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

## Happy Holidays

We are closed from 5pm 23<sup>rd</sup> Dec and reopen at 9am 10<sup>th</sup> Jan

Please speak to reception to forward book your appointments into the new year.



## 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**

## SCHOOL HOLIDAYS – PLEASURE OR PAIN

The festive season is almost upon us and with it, brings school holidays. School holidays can be a fun time to spend down time with the family. It's a time to leave the school drop off and pick up behind and just rest, relax and maybe even travel. But it's also normal to get on each other's nerves when you're not used to spending quite so much time together.

Here are some ways to make sure you keep it together during the school break:

- Holiday care programs
- Implement a little structure
- Plan for down time
- Catch-ups with friends
- Set rules around screen time

View our website for a full copy of the blog:  
<https://cqpsychservices.com.au/2021/11/05/school-holidays-pleasure-or-pain/>

- Suzie Humphrey