



IN THIS ISSUE

- Director's Message
- Clinic Update
- How to Refer to Us
- Depression 101
- Habits That Maintain Your Depression

PRACTICE INFORMATION

Psychologists

Suzie Humphrey
BPsych (Hons), MForMentH, MAPS

Tina Bunge
BPsych (Hons), Assoc. MAPS

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

Kelsie Realf
BPsychSc, GradDipPsychAdv, Assoc. MAPS

Provisional Psychologist

Ellie Putland
BPsychSc (Hons), BCrim&Jus, Assoc. MAPS

Tom Grainger
BPsychSc (Hons), Assoc. MAPS

Admin Team

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

Practice Hours

Mon – Fri 9:00 AM – 5:00 PM
Closed Daily – 12:00 PM – 1:00 PM *
* Please leave a voice message during this time.


Address


1 & 2, 13 Tank Street,
Gladstone QLD 4680

Contact Information

Phone: 07 4972 6929
admin@cqpsychservices.com.au

Facebook & Website

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

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

DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 4, 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.

Exciting announcement! Kelsie has recently gained general registration as a Psychologist. She started with us in 2020 as a Provisional Psychologist following four years of university training. Kelsie has now completed a 3000+ hour internship – working closely with a Board Approved Supervisor to meet a broad range of competencies. Kelsie also put in an enormous number of study hours in order to pass the National Psychology Exam – necessary to gain General Registration. We hope you join in our excitement at this wonderful achievement. Congratulations Kelsie!! 😊

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on depression and habits that maintain your depression. 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

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. 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.

DEPRESSION 101

Understanding Depression: It's more than just Feeling Down...

We can all feel sad and down at times, this is simply just part of being a human. However, depression is where someone experiences persistent feelings of sadness and low mood most of the time. It can have a big impact on many different parts of our lives, as it influences how we think, feel and behave. Depression affects up to 1 in 7 Australians in their lifetime (Mental Health First Aid Australia, 2022), and can be caused by numerous factors such as life events, personality, relationships, physical health, medications or genetics.

Signs & Symptoms of Depression...

They may start to think very negatively about themselves, their lives, and the world as a whole. They may have difficulty concentrating, getting motivated, making decisions, have trouble sleeping, lose their appetite or even think about harming themselves. People experiencing depression may lose motivation to do simple day to day tasks or enjoy activities they once found pleasure in. Depression can also cause a person to withdraw from friends, family, loved ones, school or work.

What can be done about Depression?

You can start to improve your mental health by, eating well, sleeping well, exercising regularly, and avoiding drugs and alcohol. The best step you can take when dealing with depression is to seek the help of a mental health professional. At CQ Psych Services, we use a range of approaches to help clients with depression, including a Humanistic approach, Acceptance & Commitment Therapy (ACT), Psychodynamic Therapy, and Cognitive Behavioural Therapy (CBT). So, if you or someone you know is experiencing depression, it may be time to see a psychologist.

View our website for a full copy of the blog: <https://cqpsychservices.com.au/2022/03/18/depression-101/>

- Tom Grainger

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.

HABITS THAT MAINTAIN YOUR DEPRESSION

If you're experiencing depression, you might be feeling tiredness, lethargy, loss of interest, loss of motivation, and indecisiveness, all of which can make it very difficult to be active. These negative feelings and lack of motivation mean that you might begin to neglect everyday tasks and responsibilities and things can quickly become overwhelming.

One way to decrease these negative feelings is to increase your activity levels. It gives your mind something else to think about, helps you feel like you're moving forward, making progress and taking control of your life again. Activity can also help you feel less tired. Usually when you feel tired you need rest, but with depression this can make things worse. Activity can help clear that foggy feeling and help change your perspective on things in life.

Another way to decrease these depressive symptoms and negative feelings is to do fun and pleasurable things! It helps to do tasks that increase other positive feelings such as achievement and a sense of purpose. Break down tasks into smaller pieces until you find them manageable. Doing these things helps you feel more in control of your life.

If you find you're struggling with even the smallest task, you'd like support through this process or you're just not sure where to start, reach out to a professional for some help.

View our website for a full copy of the blog: <https://cqpsychservices.com.au/2022/03/18/habits-that-maintain-your-depression/>

- Ellie Putland

