



# 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. MAP*

Kelsie Realf  
*BPsychSc, GradDipPsychAdv, Assoc. MAPS*

Rhiannon Mulcahy  
*BPsych (Hons), PhD (Clin Psych), MAPS*

### Provisional Psychologists

Tom Grainger  
*BPsychSc (Hons), Assoc. MAPS*

### Admin Team

Jessica Butler – *Business/Practice Manager*  
Diane Furno – *Administration Officer*  
Kimberly Price – *Administration Officer*  
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](mailto:admin@cqpsychservices.com.au)

### Facebook & Website

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

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

## DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 6, Issue 1 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.

We are loving the feel of our clinic rooms following a little refresh over the Christmas break. Pop in and let us know what you think! We also have availabilities for a range of assessments, including the Adult Autism Assessment. Information on our 2024 availabilities are included in this issue.

We are also all excited to welcome Kimberly, our newest team member. Kimberly has joined our admin team in providing quality services to the Gladstone community and brings with her a wide range of experience.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on our availabilities, the 'Share the Dignity' drive held in March and our newest blog 'Back to School Can Be Scary'. 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.

## 2024 AVAILABILITY

CQ Psych Services is accepting new referrals for therapy, however, we are currently holding a waitlist. Following our triage process, all suitable referrals will be offered the waitlist and, in some instances, may be appropriately on-referred or directed back to your GP.

We have immediate availability for new assessment referrals, with our earliest assessment appointment available at the end of March. Assessment referrals accepted include; Cognitive Assessment, Achievement Assessment, Memory Assessment, Adaptive Behaviour Assessment, Behaviour Assessment, Personality Assessment, ADHD, and Autism (currently accepting age 16+ for Autism assessments).

## SHARE THE DIGNITY

Access to period products is a right, not a privilege. But 1 in 5 Australians have been unable to afford period products at some point in their life. That's why we're collecting period products to help those in need this month, as part of @sharethedignityaustralia's March #DignityDrive. We accept all products in original packaging, including pads, tampons, maternity pads, period undies, menstrual cups and incontinence products.

Drop into CQ Psych Services at 13 Tank Street, Gladstone during the month of March to donate towards this great cause! Let's share the dignity together.



## BACK TO SCHOOL CAN BE SCARY

Starting school can be exciting for some kids and scary for others. This is true whether they are starting school for the first time, starting a new grade, or starting at a new school. Change in routine can be especially tough for some kids. They may worry about making new friends, getting to know a new teacher, being uncertain about the routine, and being away from home.

Anxiety and worry can often increase when our What If thinking begins to spiral. Some common What If questions about starting or returning to school may include:

*What if I get lost? What if I'm late to class and everyone looks at me? What if my teacher yells? What if I feel sick? What if I need help? What if I make a mistake? What if I can't find a friend?*

Your child's behaviour may give you a hint that they are worried or anxious. Be observant and look out for signs that your child may be out of sorts. You may notice that your child is having trouble sleeping or behaving in ways that are not typical for them. They may be telling you that they feel sick. These are just some of the ways children may let you know that something is bothering them.

How can you help your young child feel less anxious about going to school?

- Talk about some of the things they may do at school.
- Reassure your child that school is a fun and safe space.
- Remind them that they will make new friends or see old friends.
- Make a checklist of things your child needs to have for the start of school.
- Plan fun after school or weekend activities for the first few weeks of school.
- Listen and validate your child's concerns but remind them that they can do big challenging things, even when we don't want to, or they make us anxious.

- Suzie Humphrey

If you have any remaining questions, please do not hesitate to contact our friendly Administrations Team on (07) 4972 6929 during business hours. If you want to know more about our assessments on offer, please visit: <https://cqpsychservices.com.au/>