



CQ Psych Services

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PRACTICE INFORMATION

Psychologists

Suzie Humphrey
BPsych (Hons), MForMentH, MAPS

Tina Bunge
BPsych (Hons), Assoc. MAPS

Kelsie Realf
BPsychSc, GradDipPsychAdv, Assoc. MAPS

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

Tom Grainger
BPsychSc (Hons), Assoc. MAPS

Provisional Psychologists

Nina Galletta
BPsychSc, GradDipPsych, MAAPi

Capacity Building Clinicians

Emily Humphrey
BLearnMgmt (Prim)

Admin Team

Jessica Butler – Business/Practice Manager
Diane Furno – Administration Officer
Kate Turnbull – 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

Facebook & Website



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



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

DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 6, Issue 3 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 excited to welcome Kate, our newest team member. Kate has joined our admin team in providing a welcoming face to our client's and brings with her a wide range of experience.

We are also very excited to welcome Emily into the role of Capacity Building Clinician, working with young NDIS clients. Tom has finished his Provisional Psychology Internship, having passed the National Psychology Exam and gained General Registration. Please join us in congratulating the successes of our fantastic team on their journey in supporting the Gladstone community.

R U OK day is on 12th Sept this year. This is a reminder to check in on the well-being of those around us – loved ones, friends, work colleagues etc.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on depression and assessments available in our clinic. 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 or accept EPC Plans. 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.

LETS TALK ABOUT DEPRESSION

For many people, even in this day and age, it is still considered somewhat taboo to talk about “Depression”. However, this attitude towards depression is largely born out of a lack of understanding as to what depression actually is...

Depression is described as a mental health issue that can cause a person to experience consistent feelings of sadness or hopelessness (generally low mood). Having depression can negatively impact how a person functions in their everyday life.

Depression is one of the most common mental health issues and affects 1 in 7 Australians (Beyond Blue, 2023).

There are a variety of factors that could be contributing to an individual experiencing depression, including: unhealthy patterns of thinking, genetic factors, unexpected changes in life, grief and loss and feelings of failure.

Signs and symptoms of depression can include:

- Feelings of sadness, hopelessness, emptiness, or feeling teary
- Feelings of worthlessness or guilt
- Loss of motivation or interest in hobbies
- Reduced libido
- Issues sleeping, feeling tired and fatigued
- Irritable or agitated demeanour
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide.

There are numerous important steps that can be taken to improve someone’s mood and lessen or resolve their depression. These include: eating healthy, engaging in regular physical activity, staying socially active, and talking to someone about your feelings, either a trusted friend or loved one, or with a mental health professional.

Talking about depression can help open a dialogue and reduce stigma around this extremely common mental health issue. By reducing the stigma of depression, we can also reduce stigma around seeking help and encourage people to access the care and support they need to get back to living their best life.

View our website for a full copy of the blog:
<https://cqpsychservices.com.au/2024/06/27/lets-talk-about-depression/>

- Tom Grainger



ASSESSMENTS

CQ Psych Services offers a range of psychological services, including formal assessments.

Available Assessments:

- ✦ Cognitive Assessment (Child) - WISC-V
- ✦ Cognitive Assessment (Adult) - WAIS-IV
- ✦ Achievement Assessment - WIAT-III
- ✦ Memory Assessment - WMS
- ✦ Adaptive Behaviour Assessment- ABAS-3
- ✦ Behaviour Assessment - CBCL 6-16
- ✦ Personality Assessment - PAI
- ✦ ADHD - Conners' Adult ADHD Rating Scales (CAARS™)
- ✦ Autism - MIGDAS-2
- ✦ Vineland Adaptive Behavior Scales (Vineland-3)
- ✦ Behavior Rating Inventory of Executive Function (BRIEF)
- ✦ Brown Executive Function/Attention Scales (Browns EF/A Scales)

For more information relating to assessments or to book an appointment, please phone (07) 4972 6929 or visit our website.

You can contact us to get further information or enquire about an appointment by emailing us at admin@cqpsychservices.com.au, contacting our friendly Administration Team on (07) 4972 6929 or submitting an online enquiry form on our website: <https://cqpsychservices.com.au/>