



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)

### Client Relationship Team

Jessica Butler – Business/Practice Manager  
Diane Furno – Administration Officer  
Kate Turnbull – Administration Officer  
Emma Perrin – 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 4 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 Emma, our newest team member. Emma 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 excited to have gifted a Mental Health Hamper to a lucky member of our community as part of our Mental Health Month promotion during October 2024. We thank everyone who took the time to enter this competition.

As 2024 quickly comes to an end, we hope you take some time to enjoy the festive season. Our team will be having a lovely break from Monday 23/12/2024 and will return well rested on 06/01/2025.

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](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 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.

## SURVIVING CHRISTMAS ALONE: A GUIDE TO PROTECTING YOUR MENTAL HEALTH

Christmas is often seen as a time of joy, laughter, and family gatherings. But for many, the holidays can feel lonely, especially when spent alone. It's important to prioritise your mental health and well-being during this season. Here's my top 10 tips to help you not only survive, but find peace and even joy if you are feeling alone this Christmas.

**#1: Acknowledge Your Feelings** - It's okay to feel sad, disappointed, or lonely if you find yourself alone at Christmas. Journaling your thoughts or talking to a trusted friend, can help you process these feelings.

**#2: Realistic Expectations** - Holiday movies and social media can create unrealistic standards of what Christmas "should" look like. Let go of any pressure to live up to these images and focus on what feels right for you.

**#3: Create Your Own Personal Holiday Tradition** - Just because you're alone doesn't mean you can't celebrate in your own way. Start a new tradition that makes the day special for you!

**#4: Reach Out to Others** - While you may be physically alone, technology allows us to stay connected. Arrange a video call with friends, family, or others who may also be spending Christmas alone.

**#5: Volunteer or Help Someone Else** - Giving back can boost your mood and sense of purpose. Many organisations need extra help during the holidays, such as delivering meals or helping at a shelter.

**#6: Practice Gratitude** - While it might feel hard in the moment, practicing gratitude can shift your perspective. Start by writing down a few things you're thankful for. Gratitude helps remind us that there are positive things in our lives, even when we're feeling low.

**#7: Limit Social Media Consumption** - Seeing others post about their holiday celebrations can exacerbate feelings of loneliness. Consider taking a break from social media or limit the amount of time you spend online.

**#8: Plan Ahead for Self-Care** - Self-care is essential when spending Christmas alone. Plan ahead by setting up a self-care day filled with activities that nurture your mental, emotional, and physical health.

**#9: Look for the Positives** - There's a certain freedom in being able to spend the day exactly as you want, without the pressures of social obligations. Use this time to reflect, set intentions for the new year, or engage in creative projects.

**#10: Seek Professional Support** - If you're feeling overwhelmed or deeply sad, reaching out to a mental health professional can be beneficial.

Christmas can be challenging when spent alone, but it doesn't have to be a time of sadness. By focusing on your mental health, creating new traditions, and reaching out to others, you can find peace and even joy during the holiday season.

View our website for a full copy of the blog:

<https://cqpsychservices.com.au/2024/10/24/surviving-christmas-alone-a-guide-to-protecting-your-mental-health/>

- Jessica Butler

## CHRISTMAS CLOSURE

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**



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