

The Psychology Clinic Closure in response to COVID-19

THERAPY SERVICES - For Adult and Child Therapy Services – the Psychology Clinic continues to operate a Telehealth Service. Referrals are most welcome.

PSYCHOMETRIC SERVICE - For the Adult and Child Psychometric Service – the Psychology Clinic is now open for face-to-face assessments.

- The Child Psychometric Service – The Service is open and we welcome new referrals

The Psychology Clinic follows NSW Health and University of Sydney COVID19 safe practice.

Check symptoms using the healthdirect COVID-19 Symptom Checker

<https://www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker>

Check whether you have been to Sydney or New South Wales hotspot locations

<https://www.nsw.gov.au/covid-19/latest-news-and-updates>

Please stay home, self-isolate, consult with your General Practitioner and get tested. To find your nearest COVID19 Testing Clinic, please contact 1800 020 080 or visit <https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics#covidtestingclinic>) if you have: cold or flu-like symptoms or a fever; been in contact with someone who has symptoms; been to any hotspot location; or been in contact with someone who has visited or travelled through hotspot locations.

During the closure period please maintain contact with your GP and if there are any concerns, contact:

- MHAL - 1800 011 511
- Lifeline – 13 11 14
- Beyond Blue - 1300 22 4636
- Mindspot - 1800 61 44 34 (an online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression)

For children, adolescents/young adults (<25 years old):

- Headspace - 1800 650 890
- Kids Helpline - 1800 55 1800
- Parentline – 1300 30 1300

There are also free online resources providing practical support, tools, tips for coping at times of stress:

- Mindspot Clinic: <https://mindspot.org.au/>
- Moodgym: <https://moodgym.com.au/>
- myCompass: <https://www.mycompass.org.au/>
- beyond blue: <https://www.beyondblue.org.au/>
- black dog: <https://www.blackdoginstitute.org.au/>
- This Way Up: <https://thiswayup.org.au/>

For young people:

- Eheadspace: <https://headspace.org.au/eheadspace/>
- Ybblue (youth beyond blue): <https://www.youthbeyondblue.com/>
- Reach out : <https://au.reachout.com/>

For parents:

- Triple P online (Triple P Positive Parenting Program free online parenting program for toddlers-tweens and teens): <https://www.triplep-parenting.net.au/au-uk/en/find-help/triple-p-online/>
- Parentworks (free online program for Australian parents and caregivers of children 2 to 16): <https://parentworks.org.au/#/>
- Information about good self-care and wellbeing is outline in the Information below:-

Daily routines can help a lot to manage mood and stress. Sometimes, when we are on holiday, our usual routine can get disrupted and affect how we feel. The **healthy mind platter** outlines seven daily mental activities to help optimise well-being. Try incorporating each of these into your day-to-day routine.



The Healthy Mind Platter for Optimal Brain Matter

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Focus Time	When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
Play Time	When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
Connecting Time	When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
Physical Time	When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
Time In	When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
Down Time	When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
Sleep Time	When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.