



POP PSYCHOLOGY

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Practicing From:
Bloom Therapy 4580533Y
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*Please send all
correspondence
to email address*

GETTING STARTED

There are some things you can try before our first session that might go some way to helping you manage difficult feelings. You might find it useful to experiment with some of these ideas and keep a list of the ones you've found helpful so you can refer back to them when you need to.

Things you can do on your own

Think about another time where you might have faced a similarly stressful time in your life and what you did to cope. Can you do the same things now?

Some examples of activities other people find helpful:

- Listening to music that can change your mood
- Having a bath
- Sitting outside or going for a short walk
- Watching a favourite DVD, television program or video
- Drawing/sketching/painting
- Writing/journaling, getting those thoughts and feelings out
- Taking some time out to treat yourself to a small thing you ordinarily enjoy

There are a range of relaxation techniques that people find useful to reduce feelings of being overwhelmed. Some examples of relaxation techniques are:

- **Body scans.** Also known as 'progressive muscle relaxation'. Lie down or recline in a chair. Taking slow breaths, beginning with your feet tense the muscles for 10 seconds and then release for 15 seconds. Work your way up the different muscle groupings of your body.
- **Breathing exercises.** Find a comfortable position, and either close your eyes or focus on something in the room. Begin by taking a slow breath in through your nose, hold that breath, and then slowly release the breath out through your mouth. You may find it easier to concentrate on this by counting up to 3 or more slowly at each stage.
- **Using imagery.** Spend some time thinking of a place, real or imaginary, where you would feel safe, relaxed and comfortable.
- **Take care of your physical health.** While it isn't easy when you're feeling so overwhelmed, eating well, maintaining a daily routine, trying to get good quality sleep and keeping active can all make an immense difference to your wellbeing.

Things you can do with others

- Talking to someone about it and getting support
- Choose people you can spend time with doing things you would normally enjoy
- Attending support groups
- Explore online resources from reputable sites like Beyond Blue



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If you need **IMMEDIATE** advice and support please call:

- An ambulance (for mental health emergencies) – **000**
- The police (for a welfare check, or in a dangerous situation – **000**)
- Poisons information – **131 126**

CRISIS NUMBERS

Your psychologist cannot be available around the clock, for support between sessions, or if you are experiencing acute difficulties or are feeling unsafe, please call...

- **LifeLine** - 13 11 14 (24 hour, 7 days)
- **Suicide Call Back Service** - 1300 659 467 (24 hour, 7 days)
- **Salvation Army Crisis Counselling Service** - 1300 363 622 (24 hour, 7 days)
- **Mensline Queensland** - 1800 600 636 (9am – 12 midnight; 7 days a week)

USEFUL WEBSITES

- LifeLine: <http://www.lifeline.org.au/Find-Help/Find-Help/default.aspx>
- Beyond Blue: <http://www.beyondblue.org.au>
- Depression Help: <http://depressionet.org.au>
- Suicide Line: <http://www.suicideline.org.au>
- Suicide Call Back Service: <http://www.suicidecallbackservice.org.au>
- The Shed Online: <http://www.theshedonline.org.au>
- Living Is For Everyone (LIFE): www.livingisforeveryone.com.au

FINDING A PSYCHOLOGIST

Like any new relationship, it can take a while to build trust and rapport with a new person. If you feel that you want to explore other therapists, the Australian Psychologist Society has a useful tool where you can search registered psychologists by location and specialty.

- **APS** <http://www.psychology.org.au/findapsychologist/default.aspx>

MEDICARE REBATES

A Mental Health Care Plan must be devised by a medical professional for rebates to be claimed through medicare. For more information on the claiming rules, visit **Medicare** on www.medicareaustralia.org.au