

## Tips for Mental Health and Wellbeing



Eat well and stay hydrated



Keep active



Stay connected with others



Make time for fun!



Practice mindfulness



Create good sleep habits

## 24 Hour Contact Numbers

Lifeline	13 11 14
MH Call	1300 642 255
Suicide Call Back Service	1300 659 467
Beyond Blue Support Service	1300 224 636

# Psychology Service

This pamphlet explains  
Psychology Services at the  
Royal Brisbane and  
Women's Hospital

## What is a Psychologist?

Psychologists specialise in understanding human behaviour and the way people think, feel, and behave.

Psychologists can help with assessing, diagnosing, and treating a wide range of emotional and/or behavioural difficulties which can affect your physical health and medical treatment here at the RBWH.

## Why talk to a Psychologist?

Although you are being treated at the Royal Brisbane and Women's Hospital for a physical health condition it's not uncommon to feel anxious or distressed. These issues can play a role in the way you cope with your medical conditions and treatment.

Our psychologists aim to help you cope better with your medical conditions, and to help you feel supported and better engaged in your treatment.

## Common Reasons for referral

- Sleep problems
- Anxiety
- Depression
- Pain management
- Stress management
- Relaxation training
- Adjustment to illness or injury

## Available Services

Our psychologists offer a range of different services to suit your needs. These include:

- Inpatient Service
- Outpatient Service
- Group Therapies

## How can I access Psychology Services?

You may be eligible for psychology services if you are a current inpatient or outpatient of the Royal Brisbane & Women's Hospital.

Please ask a member of your treating team (i.e. doctor, nurse) to make a referral to psychology for you. The psychology service is free and confidential

## Privacy and Confidentiality

The Psychology department will manage with your personal information in an ethical, lawful and confidential manner. Your information will only be made available to those involved in your care at the Royal Brisbane & Women's Hospital.

## For more information please contact the psychology department

Level 2, James Mayne Building  
Royal Brisbane and Women's Hospital  
Phone: 07 3646 8268  
Fax: 07 3646 7511

You can also view our other brochures for additional services "Psychology resources in the community for young people" & "Psychology resources in the community"

