

# NUP Allied Health Services

# PSYCHOLOGY

A psychologist is a specialised healthcare professional who helps patients manage their problems and improve their mental and physical health.



**Please get a referral from your doctor and make an appointment to see one of our psychologists if you need help.**

Are you feeling stressed, depressed or having trouble sleeping?

Talk to a psychologist at our polyclinics about your problems. They will help you understand what is causing them and help you find ways to improve your situation.

**With help, you will be able to manage the following problems:**

- Stress in your personal, work or social life
- Anxiety (e.g. difficulties managing worry, panic, phobia or trauma-related issues)
- Chronic pain
- Grief and loss
- Memory loss or forgetfulness  
(e.g. if you suspect you have symptoms of dementia)
- Difficulty in managing moods and emotions
- Sleep problems
- Difficulty in managing chronic illnesses  
(e.g. diabetes, hypertension, hyperlipidaemia)
- Difficulty in adjusting to changes in lifestyle habits (e.g. diet, exercise)
- Difficulty in managing stressful life transitions  
(e.g. birth of a newborn, job change, caregiver stress, retrenchment, retirement)
- Difficulty in following doctor's instructions to take medication as prescribed
- Thoughts of harming yourself and/or harming others

**Depending on your situation, our psychologist may use any of these methods to help you:**

- Cognitive-behaviour therapy
- Solution-focused brief therapy
- Mindfulness-based interventions
- Problem-solving therapy
- Motivational interviewing
- Relaxation techniques
- Social and communication skills training
- Schema therapy
- Acceptance and commitment therapy

