



Emotional Health Clinic

LIFESPAN HEALTH AND WELLBEING
RESEARCH CENTRE PSYCHOLOGY SERVICE

Located in North Ryde and open to members of the public, the Emotional Health Clinic specialises in helping people of all ages – from childhood to older age – who are experiencing difficulties with emotional distress.

The clinic offers state of the art assessment and treatment of child, adolescent and adult anxiety and depression related disorders based on internationally recognised research.



COOL KIDS PROGRAM

Cool Kids is a structured program that treats anxiety in children and teens. It uses a cognitive behavioural approach which means that it focuses on teaching skills to manage anxiety.

CORE SKILLS INCLUDE:

- Psychoeducation
- Goal setting
- Activity scheduling
- Cognitive restructuring
- Graded exposure
- Problem solving



AGEING WISELY

Ageing Wisely is a psychological therapy course using cognitive behavioural therapy that was designed for older adults (aged 60 years and older) to help older adults manage worry, anxiety, low mood or depression. This program has been evaluated through Australian NHMRC funded clinical trials and shown to be highly effective for treating a wide range of mood and anxiety conditions.

CONTACT US

If you would like to discuss starting the Cool Kids or Ageing Wisely program, please call our kind clinic staff on (02) 9850 8711.

FIND OUT MORE

Macquarie University
NSW 2109 Australia
T: (02) 9850 8711
E: ehc.admin@mq.edu.au
mq.edu.au/ehc-clinic



MACQUARIE UNIVERSITY
Health

**EMOTIONAL HEALTH
CLINIC**

Emotional Health Clinic (情绪健康诊所)

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Emotional Health Clinic (情绪健康诊所) 是一家位于North Ryde (北莱德) 对公众开放的心理专科诊所，旨在加深我们对儿童、青少年、成人和年长者情绪障碍的了解，并改进治疗方法。由Macquarie 大学开发的Cool Kids (孩儿无忧) 和 Ageing Wisely (睿智晚年) 心理治疗课现已开放预约。诊所有普通话专业人士为您服务。



关于COOL KIDS (孩儿无忧) 心理治疗课

Cool Kids (孩儿无忧) 是一项针对儿童和青少年焦虑症的条理化治疗课。研究表明，焦虑症会影响儿童的各项机能，包括学习成绩。

Cool Kids (孩儿无忧) 心理治疗课采用认知行为疗法，这意味着它专注于教授管理焦虑症的技巧。

主要治疗技巧包括：

- 心理教育
- 设立目标
- 活动计划
- 思维转换
- 减少回避
- 解决问题



关于AGEING WISELY (睿智晚年) 心理治疗课

Ageing Wisely (睿智晚年) 是一项采用认知行为疗法的心理治疗课。这项心理治疗课专为60岁及以上的长者设计，旨在协助长者应对担忧、焦虑、情绪低落或忧郁。该治疗课已通过National Health and Medical Research Council (澳洲国家健康与医学研究委员会) 资助的临床试验评估，结果显示对多种情绪和焦虑症状均具有高效治疗效果。

联系我们

如果您想了解如何参与 Cool Kids (孩儿无忧) 或Ageing Wisely (睿智晚年) 心理治疗课，请致电 (02) 9850 8711 联系我们亲切的双语诊所人员。

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