

Media Alert

National Psychology Week – it's Good Thinking!

Good thinking is the key to good living and good health. During **National Psychology Week**, to be held from 6 – 12 November 2005, psychologists throughout Australia will showcase the ways that psychology can make a difference to the quality of people's lives.

In Australia it is estimated that over 20% of the population suffer from some kind of psychological problem. Psychologists can help people manage the common mental health disorders, such as depression and anxiety, as well as the psychological impact of illness or traumatic events.

Recent figures illustrate a growing need for psychological services. Over the past two years the APS Referral Service has recorded a 75% increase in the number of people seeking to consult a psychologist.

Many psychologists also help people who don't necessarily have a problem but just want to do things better. Sports psychologists, organisational psychologists, educational psychologists, human factors psychologists work with people to achieve personal best performance. Environmental psychologists and forensic psychologists have their special fields of research and application. Whatever people do, psychologists are likely to be studying how to fix what can go wrong and how to do it better.

National Psychology Week provides an opportunity to discuss issues that affect the community and to find out more about how a qualified APS psychologist can improve your life and wellbeing. The APS will be hosting a range of activities; the full details of the program are available on the website www.psychologyweek.com.au.

The APS also provides a **free referral service on 1800 333 497** for the general public, GPs and other health professionals who are seeking the advice and assistance of a qualified psychologist.

Story topics which may be of interest include: Relationships, phobias, workplace bullying, how to have a good argument, forensic psychology, CBT for childhood obesity, stress, eating disorders, active ageing.

About the Australian Psychological Society

Representing more than 14,000 members, the Australian Psychological Society is the country's largest professional association for psychologists.

The APS is committed to advancing psychology as a discipline and profession, spreading the message that psychologists make a difference to peoples' lives through improving scientific knowledge and community wellbeing. Our members constantly work to promote the contribution psychology makes to people's health and wellbeing, and to understand important social issues facing Australian society.

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MEDIA ENQUIRIES:

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