

# LIGHTHOUSE

## HEALTH AND EDUCATION

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163 Pound Street  
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May, 1 2022

Vol. 6

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Jane Franke

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or depression?



Team training day, April 2022 - when half the team can create this...imagine what the whole team can do when we come together!

Don't know about you but LHE has just capped off a huge April welcoming our 8th psychologist Emily Stokes into the practice, enjoying a team building day, in addition to Easter, school holidays and each of us taking some much needed time off.

We've had aesthetic changes to the therapy spaces in our Moonee Beach practice and are now actively using our online forms with great success. A big thank you to all our clients who have jumped on board with the new processes, as you are supporting our drive to become a paperless practice.

The momentum continues into May with the resumption of Girl Tribe Inc, a tween program focussed on self esteem, self care & self acceptance which has been on pause the last 2 yrs (for obvious reasons) and we are pleased to share the news that psychologist Alice King will be adding a 3rd day to her service provision for clients in coming weeks. What I am most proud to share with you all though is our teams vision, written as a collective and something we are all striving for in our day to day roles at LHE .

### OUR VISION:

***"A sanctuary for the universal community in which mental health and wellbeing is recognised and valued as an essential ingredient of life."***

## IS MY CHILD EXPERIENCING SADNESS OR DEPRESSION?

Everyone experiences sadness on occasion. Sadness is a natural emotion that can be a reaction to situations that cause us to be upset or feel pain. Often sadness is linked to a specific trigger and several life events can make people feel sad such as feeling stressed, sudden personal failures, or the death of a loved one. Like other emotions, sadness is temporary and will usually fade with time.

You may notice your child finds relief in crying when they are sad, or talking about their problems, or perhaps cheering themselves up using humour. If the sadness does not pass or you notice they are finding it difficult to resume to their normal functioning, this could be a sign of something more serious.

Depression is a longer-term mental health condition where a person will feel intense feelings of sadness nearly every day, impairing social, occupational/school, and other important areas of normal functioning.

### Q - How do I know if my child is sad or depressed?

When your child is feeling sadness, it may appear all-encompassing at times but there should be moments where they feel comforted or able to experience happiness in most other aspects of their lives. For example, they experience moments of happiness or excitement when you do something fun on the weekend.

Those with depression however find that their depressed feelings will impact all aspects of their lives and may find it hard or even impossible to find enjoyment in anything, including activities they used to enjoy.

Those with depression may not just experience sadness, they can also have intense feelings of helplessness, hopelessness, and feeling worthless. They may describe an 'empty' feeling inside and may believe that life is not worth living.

In sadness, a person may feel regret or remorse for something, but they will not experience any permanent sense of worthlessness or guilt as one might find in depression. A person who is sad may cry, spend some time alone, then get back to normal within a short span of time.

This is not the case of someone with depression who often find their feelings last for weeks or months.

If you believe that your child is dealing with depression. Please reach out to us at Lighthouse Health and Education for assistance.

## GET TO KNOW OUR TEAM



This month, we'd like to introduce **Emily**.

Emily has 15 years' experience working in a range of clinical settings across NSW including non-profit community mental health services, private inpatient mental health, and private practice. She has spent the last two years providing individual therapy to adolescents and young people at Headspace, in addition to facilitating group therapy at The Ramsay Clinic.

Emily enjoys working with children, adolescents and adults who present with a range of anxiety, mood, adjustment, relationship, behavioural and trauma-related difficulties.

She brings a wealth of knowledge & experience as well as a love of chocolate which is always a great combination in the LHE staffroom!