

Introducing Andy, Youth Mentor of the Month.

Hi, I'm Andy. I'm a 24 year old male residing in Caulfield. I recently finished my degree in Commerce at Deakin and now am working at Bunning's store support as a Competitor Analyst. I'm the youngest from a family of five and I am very lucky that they are very supportive, accepting, and understanding of each other. I spend a large portion of the time with my friends. Friendships are very important to me.

I follow the footy and I am a diehard blues supporter. I love to read, going to the gym, DIYing, and cooking.

I dislike mushrooms, pavlovas, cockroaches, and sand.

My favourite colour is red. Red is the colour of passion and I think that each individual's favourite colour represents a trait of their personality.

Tell us a little bit about what attracted you to become a youth mentor?

As a young adult with lived experience, I know how it feels growing up with challenging and complex issues so I would like to make positive changes in young people and help get their lives back on track.

What is it your lived experience can offer a young person going through challenges?

As a young person diagnosed with Bipolar disorder, I was ashamed of my diagnosis and didn't tell many people about it and for that, I suffered in silence. I started to heal and recover when I accepted who I was, I could finally get the support from family and friends. I think the quicker you remove the stigma of your disorder, the more you tell people and the easier it will be to recover.

Can you tell us how APTF is different from other services offered to young people?

The one-on-one mentoring program stands out to me from the other services because you get teamed with a young mentor who has first-hand experience with complex issues. It will be more genuine when a mentor listens to you and offers advice as they will most likely know how you feel because they have most likely faced those struggles too.

Andy

