

## Introducing Sarah

Hi, I'm Sarah. I'm 26 and currently living in Glen Eira. I'm about to start my Postgraduate Degree in Clinical Psychology after working in research and travelling for the past few years. I love dancing, cooking, reading, and hanging out with friends. I also love seeing new places, meeting new people and trying new food. I spend a lot of time hanging out with family and friends, but at the same time really value being independent and having time by myself.

## My Lived Experience

My lived experience comes from supporting a number of family and friends with physical and mental illness, as well as coping with my own life challenges. Living with a family member with chronic illness has given me understanding of how much it can affect the person and the family. I've learnt that even though you can feel quite helpless watching someone you care about go through such a difficult time, being patient and understanding is still a help, even if it doesn't feel like you are doing much. I've also learnt a fair bit from dealing with other challenges myself, that I am always looking to improve upon. Ultimately these experiences have really helped in my growth and understanding as person, and given me insight that I hope will help me to support others too.

## My favourite colour

My favourite colour is blue. It's the colour of ocean, the sky, and the majority of clothes in my wardrobe! What's not to like?!

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

I really enjoy helping people and love a good chat. That's really the bottom line of why I wanted to be a youth mentor, as well as why I've chosen to pursue a career in Psychology. I feel very grateful for my life circumstances, and would love to give back and help others, particularly at a time of life where people could do with a bit more support.

## Tell us one goal you want to achieve with the Youth Peer Mentor Program.

I would like to better understand the challenges faced by young people, to assist my understanding and empathy as a person and a future Psychologist.

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

I believe APTF is a unique community organisation based on lived experience. I think this enables the provision of more realistic, flexible and personalised support to young people beyond traditional face-to-face services.

## How do you think a young person would benefit from the support of you (or a mentor of our program)?

I'm a warm, caring, genuine and non-judgemental person who loves talking and listening to people, and I think a young person would also feel relaxed and happy chatting with me. Overall, I think I would be a good sounding board and advisor to a young person at a time when they might need it.

