

Introducing Alexander

Q1 – Lived experience in mental health

I first started seeking mental health support when I was 11 due to various trauma and then proceeded to take a break in between due to difficulty in finding a psychologist that was actually understanding and considerate. I feel the whole mental health system is currently going down a bad road and would like nothing more than to help improve it. Throughout the years I have suffered undiagnosed anxiety and adhd as well as other numerous illnesses. I'd be happy to share more in depth after meeting you if that is okay!

Q2 – Favourite colour, why?

My favourite colour is forest green, in all honesty I could not give you a specific reason why I just really love the colour as to me it symbolises adventure and the environment.

Q3 – Favourite activity, why?

My all time favourite activity is writing/reading scripts where watching movies also come into play. Whether this be a social activity or not its something I truly love and have a passion for otherwise just being with people either talking or going out is something that I also love doing frequently.

Q4 – Favourite food, why?

I don't have a favourite food but favourite cuisine that I cook or have often is middle eastern food as I grew up in that culture.

Q5- Why I want to become a peer support worker

I have many answers for this but the main reason I want to become a peer worker is because I want to give someone that support that I unfortunately never got when I really needed it. As mentioned before, I've had pretty bad luck in the mental health system and have grown to have that desire to help those and give them a different and better experience that I ever got.

Q6 – What I want to achieve through APTF

I hope I'd be able to gain many skills through A Path To Follow and that my experiences and desire to help people in unfortunate circumstances will come in good use and truly support someone that is in need.

Q7 – How APTF is different compared to other services

I feel APTF is quite different compared to other mental health services that I've either been to or know of since they reach out and find those who have specific lived experience and give us the chance to bring awareness to certain topics and allow us to work one on one rather than a group setting. I feel its important for the young person to feel safe and to most importantly build that connection with the peer worker.

Q8 – How one would benefit from my experience/support

I think I have a unique experience in some areas and perhaps many feel alone in the fact that others may not completely understand them and my support and certain experiences can make a difference in the young person's life. I'd like to think of myself as a patient person and so I feel that would definitely help in this field of work.

