

Introducing Effie

What is it you would like community to know about your professional and/or lived experiences and how they lead you here, now working with APTF?

I have always held a strong sense of responsibility for advocating for social injustice - equity, access, rights, and participation. Community is very important to me. Everyone needs someone! I am a social worker with a strong passion for working with young people and families. APTF very much resonates with my values and beliefs, and it is this that led me to now work here.

Favourite colour?

Without a doubt, blue! Blue represents calmness and the healing nature of water.

Favourite recreational activity

Swimming and walking. I walk alot!

Favourite food and why?

Oh, where do I begin!!! Italian, Indian, Sri Lankan, Malaysian, Thai - can I keep going!

Tell us a little bit about what you will be doing in your role as Senior Peer Lead and Social Worker?

I provide guidance, advice and support to our peers and assess and manage risk. I coordinate meetings with services and provide counselling and social work support to individuals or families.

Tell us one goal you hope to achieve with APTF

My goal is to continue introducing our wonderful peers and services to as many young people and families as we can in the community.

Can you tell us how APTF is different to other services offered to people with mental health related challenges?

The lived experience mental health support and the flexible and agile nature of that support.

Is there anything else you would like to communicate with the APTF Community?

The human strength, the fighting spirit and determination shown during the darkest and most difficult times never ceases to astound me and I hold my role as a true privilege.