

Introducing Kyle, APTF Youth Peer.

Kyle's mental health lived experience

I have experienced a range of different mental health related challenges throughout my life including experience with suicide, substance abuse/addiction and troubles with the law.

My favourite colour is blue. I can't say I really have a reason as to why it just has been for as long as I can remember. I suppose I can attribute the colour blue to a teddy I had, my house colour in primary school and with the colours of my early sporting teams.

My favourite recreational activity at the moment would have to be between video games and team sports with my mates. I love them both fairly equally but like to use video games when wanting to wind down when I haven't got much energy and love using footy and basketball as exercise and a chance to have a bunch of fun with my mates working together to become better.

My favourite food at the moment would have to be a good pub burger and chips because they taste amazing and always come with a good time.

The reason I want to be a peer support worker is because I've experienced a lot of pain throughout my life due to mental health problems and unfortunately didn't have the right support services available for me all the time. I would like to hopefully make a change in some families' lives and help them to navigate through the storm with help from my own experience.

The biggest goal I have with APTF is to help make change in someone's life for the better, my goal is that no matter how small of an impact I may have on someone's overall life through my work, I try as hard as I can to have that good impact on that person.

The biggest difference between our team and other services is how personable our service is. We are only a small team however we are well equipped to deal with a range of different issues that may arise in a in family's and/or a young person's life. Having a smaller team allows people to connect on a deeper level than a larger organisation while also getting a fantastic service.

