

### **A bit about me:**

I was a very happy child but as I got to the age 12-13 I started noticing I wasn't as bubbly or as "happy" as I usually was. I felt so alone, I wasn't aware of mental health as they didn't really speak of it at school. I've always really struggled with sleep which didn't help me much in school. I got severely bullied which extremely affected my self-confidence.

After years of battling on my own I was able to get help and support. I got diagnosed with Borderline Personality Disorder, PTSD, Anxiety & Depression. I have done a lot of therapy, I completed CPT (Cognitive Processing Therapy) which is a type of therapy used to help overcome Trauma as well as learning other skills in other therapy sessions.

I couldn't be alone or talk to anyone I was very anxious which isn't like me at all. After years of working on myself, wanting to get better and putting in the work I've been able to come out the other side and I want to use my past experiences to support and help others.

I have helped many of my friends & family overcome mental health struggles and seeing how I can make a positive impact and give them my knowledge and skills I have learnt on my own journey has been really rewarding. I love to share and teach what I have learnt to help others.

### **Favourite Colour and why?**

My favourite colour is **PINK**, it just makes me feel very happy and comfortable. Everything I own is pink. Even my car seats and steering wheel!

### **Favourite recreational/social activity and why?**

My favourite activity is weightlifting or going for walks. Another favourite activity of mine is camping. Camping is so therapeutic for me and being around good company just feeling free and relaxed. I'm a music lover! I also enjoy watching new movies and playing videogames to.

### **Favourite food and why?**

My favourite food is anything Italian! The food is amazing, my Nonna cook's the best food and I'm not the best cook but I can make a good pasta. Italian food is my comfort food.

**Tell us a little bit about why you want to become a peer support worker?**

There are many reasons why I want to be a peer support worker. I want to use my knowledge and past mental health struggles to help others. I've learnt a lot and want to show people that there is way more to life and whatever it is they may struggle with it does not define them. I love building connections and bonds and being that person who can really make that positive impact even if it's just a little. I feel as though this is what I am meant for. I am very understanding, and I have a lot of empathy.

**Tell us one goal you would like to achieve with APTF?**

One goal I would like to achieve with APTF is to being the reason why someone is doing good or feeling good, motivated and kicking goals for themselves. Also learning more about mental health struggles that I'm not so familiar with.

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

APTF is different to other services because it is mainly based on 'Lived experiences' and looking back on my own mental health journey I felt more connected to the people who had lived experiences with mental health. It gives you reassurance that you really aren't alone, but you also see that they understand and can give you healthy coping mechanisms that they have learnt that has helped them with their journey. I believe APTF is a less clinical approach for mental health and so you're able to really build a connection especially knowing the other person has been through similar situations and have been able to find a way that works for them to manage it.

**How do you think a younger peer would benefit from your support?**

I think a younger peer would benefit from my support because I am very empathetic and even if I may not of gone through what a younger peer has, I'll still give them all my support through listening, giving my advice and encouragement. Growing up I felt like I had no one to talk to or that I wasn't understood. I will always put my 100% into helping someone who is struggling because that was what I always wanted when I was younger. I want to make positive changes, hit goals, build connections, have fun of course and have a great impact on others that it stays with them and helps them grow.