



Peer Bio Questions

1. Please provide a couple of sentences about your living/lived experience in mental health (only what you feel comfortable sharing publicly)

I have been accessing mental health support for over 10 years for various different reasons. Personally I have lived with depression, anxiety, eating disorders and neurodiversity. I am always on my continuous journey to figuring out who I am as well as my mental health needs. My own mental health journey has inspired me to work with others who have been in similar situations as me, and to provide the support I wish I had in those situations where I needed it most.

2. Favourite colour and why?

I feel like my favourite colour keeps evolving! I love the colour red as well as the colour black! I think they always look so good together! I also love blue as my two favourite characters are blue (Blue from Blue's Clues and Tutter from Bear in the Big Blue House). I also like brown and gold when they're together as I am a Hawthorn supporter!

3. Favourite recreational/social activity and why?

I love to go op shopping! I ensure that I go at least weekly! I find it so therapeutic going to every part of the store and flicking through each item, and it's so rewarding when you find something you've always wanted. And the additional bonus of it not being too costly makes it even better!

4. Favourite food and why?

My favourite food is probably a proper woodfired pizza (the ones with the air bubbles that are burnt). It's a bit of a bummer it's so expensive in Australia but when I went to Europe last year it was cheap and so good. I love the simplicity of it, the flavours, and oddly enough the burnt air bubbles (probably a visual placebo affect).

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

I want to become a peer support worker because I would like to be the support I wish I always had. Someone who truly understands who I am and has gone through the thick of it. Someone who can advocate on how I truly felt in a moment. Someone who treated me as a fellow human who knew how I felt, not as a number. I have built a toolkit from my lived experiences, and it would be so rewarding to share this with other young people who have been/are in similar situations.

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





A goal that I would like to achieve with APTF is to support young people with navigating life and its many ups and downs. For myself, I found high school and my own identity difficult to navigate, and if there was someone to provide that support from a lived experience perspective it would have helped me so much. If I could provide young people with that kind of support for their own needs, that would be my goal.

7. 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, as they offer peer support in various forms as a main source of support. Peer support is key to the future of addressing mental health needs, as having a lived experience voice provides more understanding and stronger advocacy in mental health and youth supports. APTF also utilises Intentional Peer Support and its key principles as their model of service, which is different to traditional mental health services. This provides a more personalised, equal, and collaborative approach.

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

I think a younger peer would benefit from my support because I understand what current issues young people may be experiencing as a young person myself. I understand that everyone has different needs and not one approach will work for everyone. I believe I have the skillset to work with a younger peer collaboratively, and will always be patient in doing so.

APTF Inc. acknowledges, respects and celebrates the diverse living and lived experiences of our Consumer, Carer and Sibling Peers in Mental Ill-health and wellbeing. We recognise the expertise of our individual and collective experiences and are determined to use those for the benefit of our future community.



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