

Peer Bio Introduction

A Bit About Me

My name is Laura, I'm in my mid-twenties, and I'm currently studying psychology. I have a hard time sticking to one hobby: it's a constant rotation through playing guitar, reading, gaming, drawing, and soccer. Whenever I have some extra time on my hands, I also really enjoy making short films or going to concerts. I also have a cat called River!

My Story

In 2022, I relocated from Brisbane to Melbourne, and it was a life-saving decision.

For so much of my life, I felt that I was only ever going to be the culmination of everything that had ever happened to me: I didn't believe I was anything beyond the traumas of my early life, and the hardships I faced as a result. Since moving, I've been privileged enough to discover that you are *always* more than the circumstances you were born into.

Why Peer Support?

Navigating life is hard! It can be especially difficult as a young person going through things that you may not necessarily see your peers also going through. There can be an immense amount of pressure on young people to just keep pushing through difficulties they're facing, to have it all together, or even to protect the people around them by pretending their struggles don't exist: I know I've certainly had my fair share of those feelings! I also know how much relief can be found in being given a space to stop and acknowledge the hardships you're facing, and to feel safe enough to process what is happening around you.

Stepping into a peer mentor role, I hope to be able to offer solidarity in understanding what it is to feel you are just so alone, and that you can't seem to find the words to explain just how isolating the experiences you've been through are. Mentorship is particularly exciting and meaningful to me as I've discovered connection and community have been the heart of my healing journey; as someone who saw extremely limited representation of my experiences, I'm here to hold a space for people the way I needed so badly when I was younger.

While I have a veritable armoury of tools and strategies, I've amassed throughout my mental health journey that I'd love to share, I'm also more than happy to simply hang out and listen or chat - to me, it's all about meeting people where they're at.

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.

