

Introducing Nick M

What is it you would like us to know about your mental health lived experience?

It wasn't until I left school that I became more of my mental health challenges and when I began to understand some of the feelings that I was having. I have been dealing with depression and anxiety for probably around 6 years now and across that time I've learnt a lot about myself but have plenty more I have to find out.

Favourite colour?

I have never really stuck to a favourite colour and often find myself swapping about. At the moment it would have to be a nice orange because I saw a beautiful sunset recently that blew my mind.

Favourite recreational activity?

I love to watch the footy and hang out with friends. I have followed the Blues all my life and how they play each weekend often determines my mood for that week! I also love to chill out and play PlayStation or a good game of cards.

Favourite food and why?

Favourite food would have to be a nice juicy steak, cooked medium rare, with a pepper sauce and chippies on the side. Nothing beats it.

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

I want to become a peer mentor as I see it as somewhere I can have a real and positive impact on others' lives. I am also studying psychology so I think peer mentoring is a great first step to take on this journey. I am super passionate about mental health in young men specifically and think it is a space that needs to be worked on and can improve so many people's wellbeing just through some care and chat.

Tell us one goal you hope to achieve with APTF

I want to build a connection with a youth to the point they feel comfortable and accepted where they feel they no longer have a need for APTF. Despite that I would like to maintain the connection with the young outside of the program and still be someone they can call on for a chat.

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

It is a great way for youth experiencing challenging times to build 1 on 1 connections with people who really care about them and want to support them. The flexibility and ability to provide according to the family's need is also great.

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

A peer would benefit from my support as I am here to listen to them and may have been in the position they have been. I think I can be a great role model to a young person in need and love just hanging out and chatting about real stuff and what matters in people's lives.

