



Hello Everyone, I'm Nush 🙄

I was born in Sri-Lanka and have now lived in Melbourne for over 30 years. I am currently living in Chelsea and am loving being so close to the beach. I am a Pastry Cook by trade and have also studied Horticulture and have worked as a gardener and on a farm. Currently I am transitioning out of the Hospitality industry and pursuing my passion in holistic healing and wellness by studying Kinesiology. I hope to one day have the same positive impact on people's lives that Kinesiology has given me.

I was attracted to being a youth peer because I sure as hell could have used one, especially in my early/ mid 20s, and know others who really could benefit or could have benefited from a service like this growing up. I was a pretty happy and creative person growing up. I loved hanging out with mates, partying and travelling.

Sometimes you get introduced to things and you don't know how damaging it is or how strong the hold it has on you until you've pretty much reached rock bottom and you see how far you've fallen. For me this happened when I first tried ice. A guy I used to work with gave it to me for the first time when I was 19. We used to hang out a lot and got along like a house on fire. I wasn't using it too frequently back then but over a few years it went from monthly to weekly to almost everyday use when I was 23 and was a battle to get off and stay off it there on. My mental health and self esteem declined to the point where I had to stop working for a few months when I was 27 to really take a look at myself. It really wasn't easy to kick but over the next few years I gradually decreased my use to being free from it the last 3.5 years without the desire to use it at all. It took many years of research on how I could help myself, different therapies and energy healings which all played a part in helping me understand myself better and what it was inside of me that was causing me to treat myself like this. I learned how to start truly loving and nurturing myself and it's an ongoing process.

I think A Path To Follow provides a service that has the potential to be healing and fulfilling for both the community and workforce peer and fosters a more personal connection between people then what you might get through other mental health services. I am excited to be on board and am looking forward to creating new connections. I just wanted to say thanks Kirstie for letting me write a bit about myself and thank you for reading. I am looking forward to reading more about everyone else.

Much love, Nush

