



## 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'm someone who has struggled with and continues to struggle with anxiety. It's actually become worse as I've gotten older, but is something I'm continuously working on. I've also experienced periods of depression, which has been intertwined with some struggles with body image and self-confidence. Having moved interstate after finishing school, I've worked through intense feelings of loneliness and isolation, as well as social anxiety. I've had to work a lot on my relationship with myself, which has allowed me to develop resilience and self-compassion. This has grown my empathy and passion for ensuring others feel supported and heard in their recovery.

2. Favourite colour and why?

This one's easy. I love blue. Baby blue or a royal blue to be specific. I just think it's beautiful and magical and it makes me feel calm and peaceful. I grew up in Tasmania and spent a lot of time in and around the water so I think that's why I love it so much.

3. Favourite recreational/social activity and why?

I love anything outdoor and adventurous, but I'd have to say walking because there are so many ways of enjoying it. I love catching up with my friends for a walk around the botanical gardens, and I also love hiking when I have more time on my hands. I went back to Tasmania recently to do a 4 day hike with my Dad, it was so much fun and we saw some breath-taking views of the coastline. Being in the bush/nature always makes me feel at ease and helps me feel connected to myself.

4. Favourite food and why?

Raspberries are my favourite! It's my guilty pleasure over winter when a tiny punnet is about \$6 at the supermarket, but I can't help myself. I was an extremely fussy eater





growing up and for years and years my parents tried to get me to try raspberries as we regularly camped near a big raspberry farm. One day I gave them a go and here we are!

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

I wanted to become a peer worker because I have such a passion for working with young people. Ever since I was a teenager myself, I knew that this was the demographic I wanted to support and empower. I think young people are inspiring and unique, but I also think growing up is so tough. Kids and adolescents experience so much change and pressure, but at the same time are learning how to process emotions and talk about them. I've felt alone at many points of my life and I'd love to be a small part of helping a young person feel less isolated and more connected. I really believe in the power of feeling seen and heard, and the way trusting relationships can help foster positive change.

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

My biggest goal for working with APTF is to be something that a young person looks forward to. A part of their week or month that excites them, brings them peace, helps them relax, or makes them laugh. Maybe one of these or all of the above. I want to be whatever that person needs and wants in that moment in order to feel at ease.

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

APTF takes an incredibly unique approach to mental health support. It's not about a quick fix, and rather focuses on walking alongside the individual and letting them lead their own journey through support and empowerment. APTF compliments the mainstream services and employs those who can relate to what the young person is feeling, through their own lived experience.

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

I believe that a young person would feel a sense of safety, warmth and genuine care with me. I'm an extremely empathetic person and feel an innate desire to make people feel accepted and reassured. Once I matched with a peer, I will be fully committed to providing





support, a listening ear and being a stable person in their life. Showing up for someone is so important and I know how it feels when that wavers. Through my personal experience, I believe I can help foster different perspectives and empower my peer to achieve goals and positive change.

*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.*

