

## Peer Bio Questions with Kyle

### 1. Please provide a couple of sentences about your living/lived experience in mental health.

I have personal experience with social anxiety and have been a supportive go to person for some very close friends who experience suicidal thoughts and depression. I also have lived experience with toxic masculinity.

### 2. Favourite colour and why?

A difficult question, I don't think I can choose between purple and orange. I also grew up in a colour coded household so I'm very biased towards green..... Let's go with orange, otherwise I'll be here all day on this question.

### 3. Favourite recreational/social activity and why?

I love single player video games where I can lose myself in the world. I can genuinely talk for hours about them. I also love to go camping and hiking and am a nature lover. If I had to choose a favourite, it'd be video games.

### 4. Favourite food and why?

I deliberately left this question until last because I was trying so hard to think of another answer other than steak. But yeah, it's a rare steak with mushroom sauce.

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

I've always enjoyed working one on one with people, as I find it's the best way to get to know someone and build a relationship with them. With APTF, I'm able to do this as well as have those tough conversations about mental health that allow for more awareness and understanding within the community.

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

As long as I am able to make a difference in at least one person's life with APTF, that is more than enough for me.

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

APTF differs from other services as it provides opportunities for one-on-one support to occur between peers that share similar interests and location. The support comes from someone who either has lived mental health experience, or experience assisting those with mental health issues.

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

Growing up, I was the black sheep of my family. I didn't have any interest in anything my family wanted to do, and my own interests were often neglected. I didn't really have



# Introducing Kyle



someone to rely on, someone who was in my corner. I would absolutely love to be that person for someone. With the experience and personal journey, I've had, I know I can be.

