

Sidney 😊

Peer Bio Questions

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

From a young age I have experienced a few different mental health related battles including depression, self-harm, eating disorders, alcohol abuse and complex PTSD. Life is a rollercoaster, but these struggles have made me the resilient and empathetic individual I am now. I would not change my lived experience for anything as dealing with mental illness is not a bad thing, it is rather something that makes the world a more unique and interesting place.

2. Favourite colour and why?

Definitely purple! I have loved this colour since I was a little kid, In ancient Egypt the colour purple represents virtue and faith, I have always thought this was super cool and ever since it has just stuck.

3. Favourite recreational/social activity and why?

I absolutely adore dance and have been dancing since 3 years old. Dance has always been a great self care method which allows me to express myself and my feelings. I also love getting out near the ocean or water in general as it feels so peaceful and uplifting.

4. Favourite food and why?

Oh where to begin!! I love Chinese, Italian, Greek and French food, honestly just all food!

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

Throughout my life I battled my mental illness alone and the impact this has on people is major. I aim to be the person I needed when I was at my lowest. Someone that truly cares with every inch of their being and dedicates their life to helping others. Ever since I began to understand the effect of mental illness, helping others and making a positive impact on the lives of young individuals has become a subject very close to my heart. I love seeing those around me happy and hopeful and I feel that peer work is my opportunity to make a change in the world and spread the love. Ever since I can remember I have wanted to show people that it is possible to achieve even the biggest of dreams and enjoy life rather than just live it. Life is far too short to not take a chance.

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

A goal I would love to achieve with APTF is to be a person young people and their families can rely on and trust to do everything in my power to help. I would love to create strong bonds and relationships with my mentees which make a difference. Spreading kindness and individuality is my life goal, I'm so excited to finally be able to put this goal into motion with A Path To Follow Inc..

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

APTF is very unique in terms of their goals and values. A Path To Follow Inc. genuinely cares for people and wants the best possible outcome for youth and their families. This is a big factor that led me to apply for this position. Not only do APTF care for their mentees, they also care for their mentors. They promote the idea that mental illness and mental health is a journey and not just a destination. Throughout our lives there are people that surround us that allow us to be ourselves and express our true inner personality, it is



these people which make life worth living. A Path To Follow Inc. are these people. They spread love and kindness and do everything they can to make the world a better place.

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

I am a very empathetic and understanding person who will not stop until those around me are reaching their goals and needs. For years I have been teaching dance therapy and showing people how to heal from trauma and mental illness through movement and expression. This has allowed me to gain experience and insight into the lives of our youth today. My lived experience also allows me to not only just listen and understand what youth are going through but it also allows me to feel what others experiencing. My dream is to make the world a nicer and more inclusive and understanding place and I feel that working with peers and youth is my opportunity to show those around me and the world that anything is possible.

