

## Meet our Peer Supporter

Abbey White

The Peer Support Program provides staff and volunteers with access to trained colleagues who can offer a **listening ear, brief emotional support, and practical guidance** after challenging or distressing events at work or home.

It is a confidential contact, support and referral service provided **to our people, by our people**.

Whether you've experienced a critical incident, a difficult patient interaction, a personal struggle at home, or simply need someone to talk to who understands the challenges of healthcare, I'm here for you.



**Role and Team:** Registered Nurse – Emergency Department

**Campus:** Northern Hospital, Epping

**Available for Peer Support:** Variable shift work. Reach out and I will be in touch.

**Preferred method of contact:** Teams message or email ([abbey.white@nh.org.au](mailto:abbey.white@nh.org.au))

**Why I became a Peer Supporter:** Working in a clinical environment, I can't stress the importance of debrief enough, but it is just as important to talk to someone you're comfortable with. I want to offer a chance to speak to someone who isn't your superior, or even in your clinical area, who understands the challenges of our work and the daily stressors that come with it. I want to be there for staff who want to get back to basics to de-stress at the end of the day.

**About Me:** I am naturally chatty. At work you will find me getting side-tracked talking to someone, so I always find time for a chat. I have always been passionate about clinical education, but since Covid my focus has been on staff wellbeing and support. I am studying my Masters of Critical Care, but I mostly end up procrastinating baking cookies and cakes. On days off I enjoy taking my Mini Groodle out on adventures.



SCAN TO CONTACT  
OTHER PEER SUPPORTERS