

Meet our Staff Peer Supporter

Paige Shanmugam

The Staff 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: Social Worker, Acute Aged Care & GEM

Campus: Broadmeadows Hospital

Available for Peer Support: Monday – Friday, 9am – 3.30pm

Preferred method of contact: paige.shanmugam@nh.org.au

Why I became a Peer Supporter: I became a Peer Supporter because emotional and psychological safety in the workplace is important to me and I enjoy connecting with my peers. I think having a safe space at work to share our experiences and connect makes a difference in how we cope with the difficult times in a challenging industry like healthcare.

About Me: I live with my partner and cat. I am queer and am passionate about LGBTIQ+ health. I enjoy reading fantasy, binge watching TV series and my home is full of barely surviving plants.



Northern Health
STAFF PEER SUPPORT



SCAN TO CONTACT
OTHER PEER SUPPORTERS