

## Meet our Staff Peer Supporter

Cathy Brimblecombe

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:** Physician, Palliative Care

**Campus:** Northern Hospital, Epping

**Available for Peer Support:** Monday – Friday, 8am – 4.30pm

**Preferred method of contact:**

[Catherine.brimblecombe@nh.org.au](mailto:Catherine.brimblecombe@nh.org.au)

**Why I became a Peer Supporter :** I am privileged to work within a highly supportive team at Northern Health, and believe that it is incredibly important for each of us to have a clear pathway for accessing collegial support when experiencing difficulties. Sometimes we might feel like we just need to 'cope better' or should just be able to 'get on with things' when we're struggling – when actually we need to be able to recognise these difficulties for what they are, and feel able to safely seek out and accept support and assistance when it is needed.



Northern Health  
STAFF PEER SUPPORT



SCAN TO CONTACT  
OTHER PEER SUPPORTERS