

Meet our Staff Peer Supporter

Rachel Nolan

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: Speech Pathologist, Outpatients.

Campus: Northern Hospital, Epping.

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

Preferred method of contact: Rachel.nolan3@nh.org.au

Why I became a Peer Supporter: I struggled with isolation and workforce demands whilst working in COVID Peak and recognised through incidental chats that a lot of my colleagues were feeling the same. All I wanted was a safe space to debrief about these issues with colleagues who were experiencing the same. Therefore, this program stood out to me as a wonderful opportunity to contribute to the wellbeing of others by listening without judgement, acknowledging feelings and supporting in any way I can.

About Me: When I am not socialising with friends holding a cup of coffee or glass of wine in hand, I am enjoying walks/runs, painting or catching up on the latest reality TV shows.

 Northern Health
STAFF PEER SUPPORT



SCAN TO CONTACT
OTHER PEER SUPPORTERS