

Meet our Staff Peer Supporter

Lori Bennett

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: Switchboard Operator, Communications.

Campus: Northern Hospital, Epping. You will find me at the front of the hospital.

Available for Peer Support: Wednesday mornings, Fridays and some Tuesdays. I may also work other shifts from time to time.

Preferred method of contact: Email me and I will get in touch with you - lori.bennett@nh.org.au.

Why I became a Peer Supporter: To help colleagues with their problems, as helping others lifts my spirits and makes me happy.

About Me: I enjoy working with essential oils and crystals. I am also an experienced singer and had lessons for 19 years. I do a lot of live streaming and run my own YouTube channel. I am also an animal lover, and love spending time with my 7 year old Cocker Spaniel, named Diva. I am driven, patient, friendly and understanding.



Northern Health
STAFF PEER SUPPORT



SCAN TO CONTACT
OTHER PEER SUPPORTERS