

## Meet our Staff Peer Supporter

Ruchi Sharma

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:** Clinical Nurse Educator, Nursing and Midwifery Education Unit

**Campus:** Bundoora Care Centre

**Available for Peer Support:** Mon – Thurs, 8am – 4.30pm

**Preferred method of contact:**

Ruchita.Sharma@nh.org.au

**Why I became a Peer Supporter:** I feel that this role aligns with Northern Health values and it's all about looking after each other. It is about listening and maintaining a psychologically safe culture where everyone feels supported.

**About Me:** I enjoy spending time outdoors, binge watching, plant propagation (recent hobby), and taking photos of my Westie.

 Northern Health  
STAFF PEER SUPPORT



SCAN TO CONTACT  
OTHER PEER SUPPORTERS