

Meet our Peer Supporter

Tania Hawkes

The 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: Senior Clinician, Enhanced Mental Health Team

Campus: Broadmeadows Hospital

Available for Peer Support: Monday to Friday, 9am to 4pm

Preferred method of contact: tania.hawkes@nh.org.au

Why I became a Peer Supporter: It is a timely point in my career to become a Peer Supporter. As I am already a union delegate for my office, a role in peer support would be an appropriate expansion of my role. I am aware that there are times that work and personal life can be tough and I would be honored to be a person that can be approached when a compassionate ear is required. I am also excited about the role and feel that it reflects the Northern Health values of being Safe, Kind and Together.

About Me: I have worked at Northern Health for over 7 years. Prior to my career at Northern Health I have had numerous roles in community services, mainly working with Families and children. Many years ago I started by career as a nurse.

Outside of work I am a mum to three adult children and Nanna to one very cute little boy. I swim regularly and practice mindfulness. I Love growing and cooking my own food, spending time with friends, going on Adventures and learning to tow a little caravan.



SCAN TO CONTACT
OTHER PEER SUPPORTERS