

Meet our Peer Supporter

Tameeka Robertson

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: Allied Health Education Lead

Campus: Northern Hospital, Epping

Available for Peer Support: Tuesday, Thursday & Friday, 8-4.30pm.

Preferred method of contact:

Tameeka.Robertson@nh.org.au

Why I became a Peer Supporter: My work as an Allied Health Educator showed me how powerful genuine connection and psychological safety are in supporting mental health and wellbeing. While working closely with allied health staff, particularly new graduate clinicians, I saw how trust and non-judgemental support allows people to share their struggles and feel less alone. This experience led me to want to use my strengths more directly in a peer role, where shared experience, empathy, and connection matter

About Me: I'm a busy mum of three school-aged children, often on the go between school and sporting commitments. I live locally to Northern Health and, outside of family life, I enjoy staying active at the gym, playing netball, following the AFL (a proud Carlton supporter), and enjoying a good almond milk chai latte. I'm friendly, approachable, and enjoy building genuine connections with others.



SCAN TO CONTACT
OTHER PEER SUPPORTERS