

Meet our Peer Supporter

Regi McKinlay

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: Urgent Care Centre ANUM and Clinical Nurse Educator

Campus: Kilmore District Hospital

Available for Peer Support: Mondays and Thursdays and other variable shifts

Preferred method of contact: Regula.McKinlay@nh.org.au

Why I became a Peer Supporter:

I became a Peer Supporter, because I understand the importance of having someone who listens without judgment. Working in healthcare can be rewarding, but also emotionally demanding. I believe that sometimes, simply talking to someone who understands can make a real difference. I want to approach every conversation with empathy and respect, supporting individuals without trying to fix their problems, but letting them know they are not alone.

About Me: Life is an adventure – I am a curious person! I love being with my family, travelling the world with them and getting to know different cultures – often through cooking and sharing meals.



SCAN TO CONTACT
OTHER PEER SUPPORTERS