

## Meet our Peer Supporter

Max Lynch

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:** Program Manager, Community Mental Health

**Campus:** Craigieburn Hospital and Mernda Hospital

**Available for Peer Support:** 8:30am – 5pm Monday to Friday (if unavailable, I will get back to you)

**Preferred method of contact:** Please email [max.lynch@nh.org.au](mailto:max.lynch@nh.org.au) and leave a contact number

**Why I became a Peer Supporter:** I understand the challenges and stressors of working in healthcare, and know how important and vital it is to source support when you need it, and to feel unconditionally supported.

**About Me:** I am a Registered Nurse, Teacher and Therapist, and bring all my experiences into supporting others. I love languages, writing, and spending time with my husband, family and a grumpy feline, Billy-Jack.



SCAN TO CONTACT  
OTHER PEER SUPPORTERS