

## Meet our Peer Supporter

Liz Wyatt

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:** Emergency Physician, Emergency Department

**Campus:** Northern Hospital, Epping

**Available for Peer Support:** Variable, email me to arrange a time.

**Preferred method of contact:** [Elizabeth.wyatt@nh.org.au](mailto:Elizabeth.wyatt@nh.org.au)

**Why I became a Peer Supporter:** Our work is inherently challenging and confronting. In addition, our patients are often vulnerable and trusting of us as healthcare workers. Sometimes we can't predict or understand our reaction to this and maybe all you need is to talk it through with a peer. I feel privileged to be available to listen, learn and share if this situation occurs for another member our Northern Health staff.

**About Me:** I'm a true extrovert. I love any new adventure or experience. My favourite things to do on my days off are drink coffee, play tennis, go to the zoo with my nephew, practice piano or lie in the sun reading a book.



SCAN TO CONTACT  
OTHER PEER SUPPORTERS