

Meet our Peer Supporter

Kirsty Winton

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: Social Worker, Ward 3 (Palliative Care) and Ward 5 (Oncology)

Campus: Northern Hospital, Epping

Available for Peer Support: Mon-Fri, 8-4.30

Preferred method of contact: Kirsty.winton@nh.org.au or 0428 336 234

Why I became a Peer Supporter:

We all need help and support at various times and it can be difficult to access this support due to work commitments and our busy lives. The Peer Support program is a great initiative for us to prioritise our own wellbeing and receive support from staff that have a genuine interest in others' wellbeing. I believe we all have strengths and abilities to navigate through tough times but sometimes we just need a bit of a prop-up.

About Me: I have been a Social worker for almost 20 years, have been at The Northern Hospital for 6+ years. I am looking forward to giving back to Northern Health with emotional support and linking to external supports as needed.



SCAN TO CONTACT
OTHER PEER SUPPORTERS