

## Meet our Peer Supporter

Jacquie Temelso

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:** Associate Director - Digital Health

**Campus:** Northern Hospital, Epping

**Available for Peer Support:** Mon – Fri 8am – 4pm

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

**Why I became a Peer Supporter:**

I have always been an un-official, self-designated peer support for my colleagues. I believe that everyone at some point in their lives will benefit from, and require, support within the workplace. I want to be able to offer assistance in times of crisis and confusion. The Peer Support Program is a formal safe and confidential platform that enables me to assist Northern Health employees more broadly and at the same time provide both myself and my peers further resources and education required to continue work in this space. I have required peer support numerous times myself and love the idea of giving back.

**About Me:**

I'm definitely a "people person". I can be the social butterfly and also go into hibernation to recharge at times. Love a chat over a coffee, travelling or just to sit quietly. A dinner or catch up with my son is always a highlight!



SCAN TO CONTACT  
OTHER PEER SUPPORTERS