

## Meet our Peer Supporter

Anna Southby

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:** Allied Health Education – Clinical School Coordinator and Interprofessional Educator

**Campus:** Northern Hospital Epping

**Available for Peer Support:** 8.00am – 4.30pm Tuesday, Thursday, Friday

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

**Why I became a Peer Supporter:** I chose to become a Peer Supporter because I am passionate about supporting the wellbeing of others and creating safe, supportive spaces where people feel heard and understood. Through my role in student and staff education, I regularly help colleagues and learners navigate challenges, reflect on difficult experiences, and develop wellbeing strategies, and I value being able to offer a listening ear, practical guidance, and peer-to-peer support when it is most needed.

**About Me:** I have worked at NH for over 10 years and I am an Occupational Therapist by background, currently working in Allied Health Education. I have a strong passion for teaching and supporting others, particularly in helping students and staff grow in confidence and capability. Outside of work, I am a mum to a very active toddler, which keeps me busy and brings me a lot of joy. I enjoy exercise and sport, spending time with my two dogs, and catching up with family and friends over a good coffee and a chat.



SCAN TO CONTACT  
OTHER PEER SUPPORTERS