



NWRH

Operating in over 50 communities across rural, regional and remote Queensland



Why did you Join NWRH?

I joined NWRH when I decided to return to the headspace Mackay team. I was happy to learn that NWRH believed in providing mental health and other health services to continue making a positive impact in our community.

What does your role Involve Day to day?

As a Senior Mental Health Clinician, my days are varied. I mostly work one-on-one with young people, supporting them with mental health and life challenges. I also contribute to clinical service development, supervision and fun team building ideas.

What has been your biggest achievement or proudest moment at work?

I've had many proud moments at NWRH, especially when working with our Youth Advisory Council. Many events come to mind such as celebrating headspace day and the Youth Week event last year. The whole team always works together, and we've definitely put headspace on the map in our community.

What has your career pathway looked like?

My headspace journey started as a social work placement student. From there, I moved into a Clinical Receptionist role before becoming an AOD and Mental Health Clinician.

What do you love about NWRH?

I feel that NWRH has a genuine focus on people being people first, not just who we are as workers or our role. Within my team there's a culture of acceptance, support and diversity.

What advice would you give to someone new starting at NWRH?

I would encourage anyone new to really get to know their team and the people around them. Explore the different pathways available and stay open to opportunities. I feel NWRH and the headspace team have supported me in achieving my professional goals.





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What do you love about your location?

I grew up in Mackay, and although I have lived elsewhere, this area has a slower pace of life and connected community that I really enjoy being part of.

What do you enjoy doing outside of Work?

I'm someone who always has a lot of creative projects going on! In my spare time, I enjoy portrait photography, graphic design and editing. My next creative challenge is learning more about and practicing writing fiction.

