



NWRH

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



Why did you Join NWRH?

I've always been passionate about youth mental health, and I knew NWRH was an organisation that genuinely supports that work. It felt like the right place to be able to make a difference for young people in the community.

What does your role Involve Day to day?

No two days are ever the same in my role. I spend a lot of time meeting with community stakeholders, engaging directly with young people, and working to make sure their voices are heard. A big part of what I do is creating space(s) where young people feel comfortable, supported and valued within their community.

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

My proudest moments come from building strong relationships with young people. When they start to feel safe enough to be themselves and open up, it's incredibly rewarding. Being able to create a space where they feel supported and heard means a lot to me.

What has your career pathway looked like?

I have previously worked at Relationships Australia, then Coordinated Support Service, working with high/extreme behaviours, had a bit of a break and ran a tyre shop in my home town. From there I joined North and West Remote Health, where I've been able to continue focusing on supporting young people in regional communities.

What do you love about NWRH?

I love being part of a team that genuinely cares about the work we do and the communities we support. The work is rewarding and gives me a strong sense of purpose. It's also amazing to be in a role where I get to support young people and hopefully make a positive impact in their lives.

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

Don't be afraid to ask questions. No question is a silly question, and there's always someone willing to help.





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What do you love about your location?

I love living in the Whitsundays. It's such a relaxing lifestyle and being so close to the outdoors makes it special.

What do you enjoy doing outside of work?

Outside of work I love spending time with my family and making the most of where I live. I also enjoy doing jobs on the farm, getting outdoors; taking time to unwind.

