

# NWRH

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



## Why did you Join NWRH?

After completing my Bachelor of Social Science, I was motivated to pursue a career where I could make a genuine difference in people's lives. NWRH stood out to me because of the pathways for growth and the opportunity to work in roles that have a meaningful impact on individuals and communities.

## What does your role Involve Day to day?

I work in a dual role that combines direct client support with program coordination. On a day-to-day basis, I provide mental health support to clients, while also coordinating service delivery across the program. This includes supporting staff, contributing to team planning, and brainstorming ways to continuously improve how we deliver our services.

## What has been your biggest achievement or proudest moment at work / What has your career pathway looked like

One of my proudest achievements has been creating a safe and supportive space for young people to access care. My career pathway with NWRH has been incredibly rewarding. After finishing university, I initially struggled to find opportunities in the field and started in an administrative role at headspace. From there, I was given the opportunity to step into a higher-level role during a maternity leave backfill, which led to being offered a clinical position. Over time, this progressed into my current dual role, where I now balance both leadership and direct mental health support.

## What do you love about NWRH?

I really value working within a multidisciplinary team where there is a strong focus on collaboration. It's a great environment to learn from others, share knowledge, and take a holistic approach to care that supports both physical and social wellbeing.

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

Be open to learning and embrace every opportunity that comes your way. NWRH offers great potential for growth if you're willing to be flexible, support your team, and step outside your comfort zone.





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## What do you love about your location?

Living in the Whitsundays is incredibly special. The lifestyle is relaxed, the winters are beautiful, and there's a real sense of community that comes with living in a smaller town.

## What do you enjoy doing outside of work?

Outside of work, I love making the most of the outdoors boating, camping and fishing (a bit of BCF fun), as well as adventuring and backpacking when I can. I also enjoy reading, going for walks, and spending time with my dog.

