



i.am

your Mt Druitt team

June 2022

*Treat yourself
with the same
affection your
dog has for
you.*



Hello, I.am Tim

I'm the Team Leader for the I.am program in the Blacktown area. I have 5 years experience working with people experiencing mental distress and I am currently studying Psychology at uni.

Having my own lived experience is what led me to working in this field and in particular the I.am program, and I'm passionate about providing person-centered and recovery-orientated support to people experiencing similar things.

I love both playing and listening to music having played drums my whole life, and enjoy camping, martial arts, and card games when I've got free time. I've also recently adopted a pooch named Ernie which has been an awesome experience.



"I knew from a young age my aspirations always revolved around putting people first."

Hello, i.am Ryan

I am a Child and Young Person Champion from the Mt DrUITT Team. I have worked as a support worker for the past 4 years, mainly helping children with developmental disabilities. I am passionate about helping others and want to make a difference in the lives of youth struggling with Mental Health.

I studied Social Science and can draw on my academic background, personal lived experience and empathetic nature to help understand and assist others. I am excited to be a part of this program, where we can have honest, open dialogue about mental health with young people and aim to continue learning how to best support our diverse local community.

When I'm not working, I like to read a wide range of books inc. poetry, watch movies, try puzzles (though I'm not very good at them), play board games & video games, and practice mindfulness and exercise. I also like finding time to post on online communities like Beyond Blue and Stuff That Works to help others along their own journeys.

Hello, i.am Kalei

Hi! My name is Kalei, and I'm a Child and Young Person Champion with the YAP Mt Druitt team.

I am 22 years old and am so passionate about youth mental health due to my own personal struggles with it.

I have been working in the MH sector since I was 19 and actually helped co-design the YAP program!

I firmly believe that young people are the experts in their experience, and I want to keep my work client-led and recovery-oriented.

When I am not working, you can usually find me playing video games or doing an excel spreadsheet of some sort!



"Recovery is not one and done. It is a lifelong journey that takes place one day, one step at a time."



i.am

talk with us

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