



i.am

your **South West Sydney** team

2023



"Nothing is more rewarding than seeing a young person holding the skills they have developed for an enriching & fulfilling life."

Hello, i.am Olivia

I am the Team Leader for the SWS branch and you will likely meet me when first referred to the SWS i.am Program and at Expos & Community Service networking, where I look forward to collaborating and strengthening our partnerships.

I'm a passionate counsellor and advocate for our youth. Having worked in Community Services, Mental Health and the Youth Work industry for eight years now.

Being part of the SWS team has been a wonderful adventure for over 1.5 years now. Having grown up in Sydney and living in the local area, I enjoy promoting what our diverse community has to offer.

I have a passion for supporting our young people and helping them identify the best version of themselves. To say I am a busy mum of 7 would be an understatement. The reality is, that I love being organized and am happy to prioritise the things that mean the most to me.

Most mornings, you will see me doing a lap of my local park, taking sunrise pics, and trying to convince my cat that he really needs to lighten up and not take the world too seriously! I feel extremely privileged to be in a role that I can relate to in my own journey with mental health and experience in supporting loved ones, to inspire other people through crisis and tough times.

Hello, i.am Ash

I'm a child and young person champion with the SWS team. I have been working in mental health community service industry for six years.

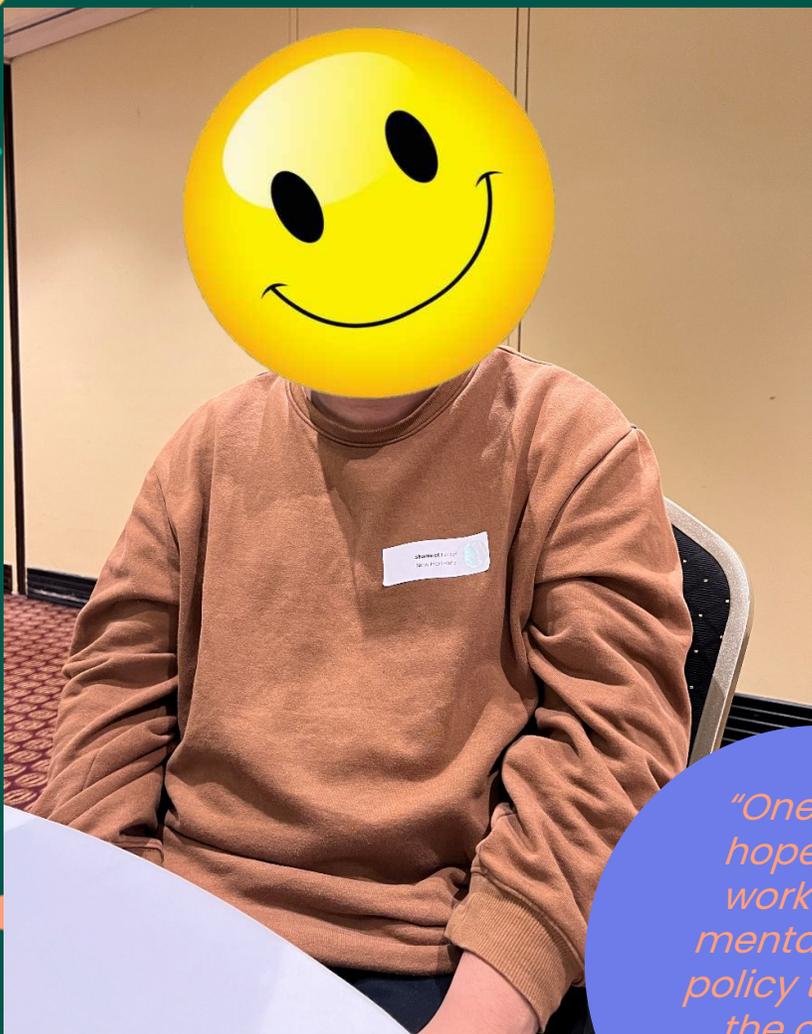
I am passionate about supporting people living with mental health issues to live an enjoyable and fulfilling life. Let's work together to increase our conversations and communication for better awareness about mental health.

In my spare time, I love gardening, fruit picking, travelling to new places, sightseeing, and speaking to my family and friends who live overseas. I also enjoy fixing things and I love my DIY projects.

I love spending time with my young daughter and don't want to miss out on her developmental milestones which are so special to witness.



*"Be honest,
hard worker
and respectful.
Choose
happiness in
whatever you
have."*



"One day, I hope to be working on mental health policy to better the current systems in place."

Hello, i.am Shameel

I am one of the child and youth champions for i.am in the SWS team and have been with the team for over the past one year.

I have worked in the Mental Health industry for over three years now and look forward to many more. Being a child and youth champion allows me to help young people in the area that I grew up in, giving me an opportunity to help my own community.

During my spare time, I like to engage in self-care activities such as watching my favourite show, Fraser or going out to coffee with my mates. I also enjoy watching basketball and Formula One, where I support the Chicago Bulls and Red Bull, respectively.



"I'm a fun, friendly, bubbly person and I would love to inspire the youth of today!"

Hello, i.am Melissa

I am part of the child and youth champion team for I.am program in the Liverpool area.

I have worked in nursing homes and group homes for four years. I have been in the Mental Health sector for three years. Throughout this journey, I discovered Mental Health is where my true passion lies.

I enjoy working alongside youth to help show them their power, strength, and resilience and learn to embrace who they are whilst having fun along the way.

On the weekends, I love socialising with family and friends, going to the beach, walking my dogs and engaging in self-care.



"Our mental health is everything. Let's make it mainstream."

Hello, i.am Tim

I.am a Child and Young Person Champion with the Liverpool Team and have 9 years' experience supporting people living with mental health and wellbeing distress and challenges on their recovery journey.

While I initially studied Architecture and Design after I left school, I later discovered my true calling was in the mental health and disability sector. I enjoy mentoring and empowering young people to overcome challenges and build resilience while having open discussions around mental health and wellbeing. I also actively support the work of charities and community programs, providing preventive social education and youth mentoring.

I am an avid traveller, and enjoy photography and hiking, oh and I love my Chill's (I'm also a Chili Champion). I also enjoy sports specifically, soccer, ice hockey and football and definitely prefer AFL over NRL – so don't hold this against me.



i.am

talk with us

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