



i.am

your South West Sydney team

August 2026



*'The wound is
the place where
the light enters
you' – Rumi*

Hello, i.am Karina

I am the Clinical Lead for the i.am program in South Western Sydney.

I was born in the UK, have proud Irish roots, and moved to Australia in 2017. I started my career as an Occupational Therapist and have spent 8 years leading services to support people with their mental health and suicide.

I feel very lucky to work alongside young people as they navigate some of life's biggest challenges. My goal is to help them discover their strengths, believe in themselves, and know that they never have to face tough times alone. I love creating safe spaces where young people can be themselves, share their thoughts and feelings, and find hope for the future.

I believe every young person has something special to offer the world, and I am passionate about helping them find their voice, build confidence, and be proud of who they are.

When I'm not at work, you'll often find me swimming in the ocean, watching a colourful sunrise, enjoying a good coffee, or cheering on my favourite NRL team. I love finding joy in the little things each day, and I bring that same positivity and optimism to my work with young people and their families.



*"You can't stop
the waves, but
you can learn
to surf" – Jon
Kabat Zinn*

Hello, i.am Yona

I am a Youth Suicide Prevention Peer Worker for i.am in the South West Sydney team.

My name is Yona and I have been working in the mental health field since 2022! My passion in life is trying to support children and young people realise that they are more than their dark thoughts. I had mental health issues growing up and know that typical mental health support doesn't work for everyone. I try to be different by putting young people and their needs first because they are the experts in their lives. This is the space where we walk alongside you in your recovery journey and do things at your pace, even if the session is spent playing a game or sitting in silence when things get too overwhelming.

Outside of work, you'll catch me on a long walk somewhere, hitting the mountains or reading! Can't wait to start supporting you :) <3 ^_^



*The most
important
relationship you
have in life is
yourself*

Hello, i.am Mel

I am a Youth Suicide Prevention Peer Worker for i.am in the South-West Sydney team.

I've worked in the Mental Health sector for the past 6 years. I enjoy working with young people as I truly understand what it feels like and looks like to be unsure of who you are and where your life is heading as I've had a "colorful" life myself.

My favourite part of being a Peer Worker is building genuine connections, creating a safe, supportive space where every young person feels heard, valued and empowered.

Big believer in good chats, good jokes and making tough stuff a little easier to talk about. I'm here to listen, relate and remind you that you're not alone. I am excited to walk alongside your journey and show you healing and recovery is possible.

Outside of work, you'll find me doting over my 2 gorgeous fur babies, enjoying a walk with a coffee break in-between and spending time with family and friends.

Hello, i.am Tim

I am a Youth Suicide Prevention Peer Worker for i.am in the South West Sydney team.

Over the years, I have worked alongside people living with mental health and wellbeing distress and challenges, supporting them in ways that are meaningful to them. While I initially studied Architecture after I left school, I later discovered my true calling was in mental health.

I really value open and honest conversations about mental health because I believe mental health matters and deserves to be talked about. I also draw on my own lived experience to support young people in a way that is relatable and authentic. One of the things I really enjoy is mentoring and empowering young people to recognise their strengths, build confidence, make their own choices and work towards achieving their goals.

Outside of work, I am an avid traveller and enjoy photography, hiking, snowboarding and anything that lets me be creative, whether it's graphic design, gardening, building things or working with my hands. I also enjoy sports, particularly soccer and ice hockey.



*Our Mental
Health Matters.
Let's make it
Mainstream*

Hello, i.am Ashraf

I am a Youth Suicide Prevention Peer Worker with the i.am Program in South West Sydney. My experience in community mental health has strengthened my passion for supporting young people and families to overcome challenges, build resilience, and work towards meaningful lives.

Drawing on my lived experience, I understand the importance of connection, hope, and recovery. I believe that listening without judgement and sharing experiences can help people feel understood, supported, and less alone. My person centred approach focuses on building trust, recognising strengths, and empowering young people to identify their own goals and pathways to wellbeing.

I strive to create a safe, welcoming, and respectful environment where young people feel comfortable being themselves. I am committed to building genuine relationships and supporting individuals and families at a pace that feels right for them.

Outside of work, I enjoy staying active, spending time outdoors, travelling, gardening, DIY projects, and creating special memories with my young daughter.



"Be honest, compassionate, and respectful. Never lose hope, because small steps can lead to meaningful change."



i.am

talk with us

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