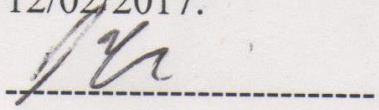
Nicole Wall was the primary planner and organiser of the mental health wellness group that I attended for over 2 years. As soon as I met her I was captivated by how she spoke honestly and openly about her own illness and experiences. Being a new member to the group she slowly worked me out of my shell and even encouraged me to give the group an one hour talk on my own experiences of living with a mental illness.

Later, when approached by one of her superiors, about the subject of having a peer support worker to help me intergrate myself back into the community (after a few years of hardly ever leaving my house) I at once demanded that Nicole would be my first choice! I was lucky enough to have my wish granted and for the next year and a half I went from strength to strength with her support and guidance. When I would be stuck in a negative way of thinking she could change that all around with a few simple words and I would look back at how obvious the solution to my fears were.

Near the end of our working relationship I was diagnosed with cancer and she was a tremendous asset in facing the most horrifying time of my life. I am now cancer free and stronger than ever mentally thanks to Nicole`s teaching of coping strategies and encouragement to ask for help when I needed it.

Derek Baker

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