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Bringing hope to the table

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Susanne Reilly | April 21, 2015, 10:06 AM | SOUTHERN GAZETTE



Courtney Lyon, who was involved in the Youth Summit. Picture: Andrew Ritchie

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COURTNEY Lyon has not let depression and bullying hold her back.

The 17-year-old left school at the end of Year 10 after being diagnosed with severe depression from being the victim of bullying, but is now on the Youth Partnership Project (YPP) Youth Leadership Roundtable – an initiative focused on supporting the South East Metropolitan’s most vulnerable young people.

“I was really sad and just wanted to leave school,” Ms Lyon said.

“But even though I was sad, I knew I wanted to help people and I knew I had to get better first.”

Ms Lyon enrolled in STRIDE – a program that helps young adults to determine their path beyond school and prepare them for full-time employment, an apprenticeship or fulltime Tafe training.

She also joined the Gosnells Youth Advisory Council.

“I had been through a really hard time with depression and suicide attempts and I didn’t want others to go through that,” she said.

“When I came out of my depression all I wanted to do was help people. I wanted to be someone who people could go to to have their voices heard, but not a youth worker. I wanted to really address the core problem.”

When Ms Lyon was approached by Save the Children, she jumped at the chance to join it and the YPP.

The YPP uses the voice of young people to help others.

“I have loved every minute of this role. It is amazing and I just love doing what I love. It is not just a job to me. I literally wake up every morning and think, ‘what can I do today to help someone’. I really do love my life right now,” Ms Lyon said.

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