



**Allison Hayes (Her/She)
Peer Mentor
In-person/Tele-Health**

SPECIAL INTERESTS:

MENTAL HEALTH | YOUTH/WOMEN EMPOWERMENT AND WELLNESS | PTSD | ANXIETY & DEPRESSION | EATING | DISORDER SUPPORT | SELF-CARE | DEALING WITH A LOVED ONE'S ADDICTION | SEXUAL/MENTAL/PHYSICAL/EMOTIONAL ABUSE RECOVERY | NARCISSISTIC ABUSE | BOUNDARY SETTING | CONTROLLING POSITIVE & NEGATIVE THINKING PATTERNS | JOB SKILLS & WORKPLACE SUCCESS | AUTISM | CAREGIVER SUPPORT | CHRONIC ILLNESS SUPPORT |

Allison grew up in a dysfunctional family with parents who suffered from addiction. She experienced poverty, her parent's divorce, and the onset of chronic illness early in life. A lack of a support system and coping skills led Allison to misuse substances, develop an eating disorder, suffer from depression and anxiety, and feel a deep sense of loneliness.

In early adulthood, Allison experienced narcissistic abuse and sexual assault, causing deeper isolation and low self-esteem. At 19, Allison became a caretaker for her disabled mother, leading to feelings of resentment and anger and causing extreme stress. These feelings made Allison passionate about turning her negative experiences into empathy for others and helping people feel supported, accepted, and empowered.

Allison briefly worked as an ABA technician for children with autism, which led to a passion for working with youth. She later found fulfillment in volunteering as a mentor for Big Brothers Big Sisters and working full-time with youth in the juvenile justice system at a juvenile detention center.

Allison earned her bachelor's degree in psychology and sociology from the University of Wisconsin Eau Claire in 2023. In the fall of 2024, she will begin her master's degree in clinical mental health counseling at the University of Wisconsin Stout, with concentrations in alcohol and other drug abuse (AODA) counseling and child and adolescent counseling.

Focusing her energy on healing her trauma and changing her negative emotions has largely been made possible by learning how to set goals and boundaries, creating a solid support network, and spending lots of time in nature. Allison hopes to help others live full and happy lives.