



“

Cooking brings me joy

”

## Bio

*Alice is a waitress who works in a local restaurant. Although she works in a restaurant, she aspires to be a cook in the kitchen. She has been diagnosed with depression and cannot afford to change her career.*

# Alice Baker

27 • Waitress • Dartmouth, VIC

## Motivations

- She wants to have better treatment for her condition
- Get free or cheaper medicine
- More time to work on her wellbeing

## Goals

- Change to a better job that suits her more
- Improve her mental health

## Frustrations

- Treatment for her condition is too expensive
- Difficulty with frequent emotional outbursts
- Often suffers from anxiety when making decisions