

## **Dr Matthew Zoeller MBBS, FCICM**

### **Founder, CEO & Director, My Mirror; Intensive Care Specialist & Director of Education & Training, Northern Beaches Hospital, SYDNEY**

Dr Matthew Zoeller (MBBS) is an Intensive Care Specialist and the Director of Education and Training at the Northern Beaches Hospital (NBH), Sydney. He is also the Founder, CEO and Director of My Mirror – a digital mental health start-up that offers all Australians access to affordable, effective expert and convenient therapy for mental health concerns.

Dr Zoeller completed a Bachelor of Medicine and a Bachelor of Surgery from the University of Western Australia in 2008. He then underwent dual training at both the Australasian College for Emergency Medicine (ACEM) and the College of Intensive Care Medicine (CICM), before earning his Fellowship (FCICM) in 2018.

During his time as a senior registrar, and throughout his Fellowship, Dr Zoeller served as a critical care advisor to the NSW Clinical Excellence Commission (CEC), before practising as an Intensive Care Clinical Fellow at the Royal Prince Alfred (RPA) Hospital, Sydney. Here, he was instrumental in setting up a large-scale hospital and district-wide mentorship program between RPA and the Sydney Local Health District (LHD). And importantly, worked as a member of the RPA/SLHD welfare committee to facilitate cultural improvement and increase staff psychological resilience.

Since 2018, Dr Zoeller has worked as a Visiting Medical Officer in an Intensive Care Specialist role at RPA, Manly, Mona Vale and Ryde hospitals, plus NBH.

A year ago, Dr Zoeller established and ran a COVID critical care planning team at NBH, the purpose of which was to create processes specifically designed to protect patients and staff when it came to managing the unprecedented impact of COVID-19 cases admitted to hospital. A major outcome of this planning process became the reduction of high levels of anxiety during that uncertain, and highly stressful time. Since then, he has performed several non-clinical roles, such as the supervisor of training, director of education, ICU committee lead, and ED-ICU liaison.

A year ago, Dr Zoeller established and ran a COVID critical care planning team at NBH whom he taught to deal with COVID-19 cases admitted to hospital, and to manage the anxiety during that uncertain, and highly stressful time. Since then, he has run several services, including supervisor of training, director of education, ICU committee lead, ED-ICU lead.

With a passion for the development of welfare initiatives, Dr Zoeller aims to eliminate as many barriers to accessing psychological care as possible. Originally built with healthcare and frontline workers in mind, today Dr Zoeller has grown My Mirror to reach all demographics, industries, socio-economic and geographical regions, for as many hours of each day of the year.

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