

Peer Wellbeing Support

Students supporting
students.

An introduction to the Peer
Wellbeing Support Service.



Student Life

Student Life is home to three key listening and signposting services offering support to students:



Residence Life

- Service for halls residents
 - Based at halls
- Available out of hours (term-time and summer)
- Contact via phone or email



Residence Life Support Officer

- Service for halls residents
- Based at halls and on campus
- Available during office hours (term-time and summer)
 - Book via email



Peer Wellbeing Support

- Peer-led service for all students
 - Based on campus
- Flexible weekday availability (term-time only)
 - Book online or via email

PWS Staff Team



Cara Fraser Student Life Trainer



Amy Copsey
Student Life Manager



Emma McCluskey
Student Life Officer



Iain Brown
Peer Support Trainer

Kathleen
Kennedy
New Student
Life Trainer

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PWS: Mission Statement

To provide a University-wide, **confidential, early intervention support service** where trained students **support their peers** experiencing emotional upset.

- **Please note: Voluntary, student led, “term time” service. Not counselling!**

Brief overview of our training sessions

- Introduction – what is Peer Wellbeing Support, getting to know the group and confidentiality
- Self awareness, reflective practice and journal writing
- Using the core conditions; first impressions, empathy, boundaries and self care
- Triad work with basic counselling skills 1 – includes talking about emotions and feelings
- Triad work with basic counselling skills 2 – includes reflective skills and use of questions
- Triad work with basic counselling skills 3 - includes working with difference and putting all the skills together
- Understand University emergency and crisis protocol, signposting and referral
- Crisis awareness and suicide prevention education – ‘Mind Your Mate’ run by the SRC
- Becoming a peer wellbeing supporter – practice, reflection on skills learned and questions

Supervision

Supervision is a fortnightly meeting of trained Peer Wellbeing Supporters (PWS) and supervisors of between 1-2 hours. Each group runs differently some being held online, face-face or as a hybrid session. Supervision is made up of three strands:

- Working with contacts and as a group
- Business/organisational
- Continuing professional development (CPD)

What is Peer Support – Video from recent graduates



All students can access any PWS
college/group

Active listening
Connection
Empathy
Signposting options
Free from judgement

Peer Wellbeing Support

PWS Training = confident,
skilled supporters

Early access encouraged –
potentially serious mental health
issues may be prevented

Two peer supporters speak
to one student at a time-
face to face or online



PWS is a listening service which helps students with:

- ❖ Anything related to wellbeing and university life
- ❖ Academic, Financial & accommodation concerns
- ❖ Relationship difficulties
- ❖ Connection, Loneliness & Homesickness
- ❖ Mild mental health problems (sadness, mild anxiety, stress, etc.)
- ❖ Decision making

How to access PWS

Click here: <http://gla.ac.uk/bookPWS>

Available in:

- College of Arts: arts-pws@glasgow.ac.uk
- College of MVLS: vet-pws@glasgow.ac.uk; med-pws@glasgow.ac.uk
- College of Science & Engineering: scieng-pws@glasgow.ac.uk
- College of Social Sciences: socsci-pws@glasgow.ac.uk
- Glasgow University Sports Association: gusa-pws@glasgow.ac.uk –
Paused until January 2023

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Summary

- Reliable signposting service rooted in research and evidence
- Available in every college; university-wide since January 2022
- Hybrid service – online and face to face
- Our wellbeing depends on our support networks and our ability to use them



Thank you!

Email: studentpeersupport@glasgow.ac.uk