

## Who are the Peer Supporters?

- Peer supporters are students who are interested in providing a listening ear to their peers, as well as providing both emotional and practical support.
- Peer supporters apply for and are selected for the training.
- An effort is made to encourage applications from all areas of the University.
- Peer Supporters adhere to the programmes code of confidentiality

### Glasgow Vet Peer Supporters



## Student's experience of Peer Support

- “All the training in Peer Support has been really valuable in helping me become a better listener and communicator.”
- “Everyone was really friendly and open and the atmosphere was so relaxed.”
- “We learned to listen without being judgemental and understand that people have different backgrounds and views.”
- “The content was beyond valuable. It has helped me grow exponentially and I have recognised many things about myself. I am excited to move forward and apply my skills.”
- “Fantastic! I have grown a lot and learned a tonne about myself.”
- “A strong trust quickly developed between everyone in the group, between each other and with Sharon and Helen.”

### Peer Support Co-ordinators

University of Glasgow  
Counselling & Psychological Services  
67 Southpark Avenue  
Glasgow  
G12 8LE

[helen.orr@glasgow.ac.uk](mailto:helen.orr@glasgow.ac.uk)  
[sharon.kretschmer@glasgow.ac.uk](mailto:sharon.kretschmer@glasgow.ac.uk)  
Tel: +44 0141 330 4528



Student Services

## Peer Support Programme

[www.glasgow.ac.uk/counselling](http://www.glasgow.ac.uk/counselling)



## Peer Support at Glasgow

- The Peer Support Training Programme at the University of Glasgow is an exciting new development to meet the needs of staff and students who are in a supportive role.
- Our programme follows the University of Oxford's successful Peer Support training course which was established in 1991.
- Our aim is for the Peer Support programme to become an integral part of the support and guidance system within the University.
- Students provide a confidential drop-in service on Campus.
- The Peer Supporters run social events throughout the academic year. This provides students with an opportunity to connect with their wider community.

## Peer Support training

- Training is provided by qualified Peer Support Co-ordinators through the University of Glasgow's Counselling and Psychological Service.
- Training consists of 10 three hour sessions and continues with fortnightly supervision.
- The training promotes enhanced listening and appropriate assertiveness skills. Students develop confidence in social and communication skills, supporting others to make decisions without giving advice.
- Peer Supporters will learn to manage crisis situations within the confines of the confidentiality agreement. This process will be supervised by the Peer Support Co-ordinators.
- The training emphasises the Peer Supporter's boundaries, an awareness of their limits and where best to refer on to when necessary.

## What happens after training?

- Students dedicate themselves to being available in their role as Peer Supporters for at least two terms after training, unless extenuating circumstances exist.
- Students attend fortnightly supervision to ensure that they are not acting as counsellors or committing too much time in their role. **Peer Supporters are not trained to be Counsellors.**
- Supervision, provided by qualified Peer Support Trainers, is an integral and mandatory part of the programme. Discussing issues arising from the Peer Supporters' role ensures the safety of those seeking support, the Peer Supporters and their School or College.