UoG is building on academic evidence and the success of peer support programs elsewhere in the sector including evaluation throughout the process.

"The student experience is unique...leaving home, moving country, academic and financial pressures. However it is this shared experience of a specific set of circumstances that places the student community in a good position to deliver valuable peer support models”

(Byrom & Gulliver, 2016)
ABOUT PEER WELLBEING SUPPORT

The Need

Student populations report higher levels of subjective psychological distress and poor mental health compared to the general population, with approximately 1 in 3 undergraduates reporting mental health problems (Bruffaerts et al., 2018).

There is data to suggest that the vast majority of University students in the UK prefer to approach peers in the first instance for support (Pitman Sharpington, Stock & Cage, 2019).

Peer Wellbeing Support at Glasgow

A 27 hour, 9 week training programme with ongoing supervision for supporters started in 2014. In 2020 The Schools of Medicine, Veterinary Medicine, Business, Social and Political sciences, Life Sciences and the College of Arts have around 100 students trained and supporting their peers online.

We have seen demand from both UG and PG students who would like to volunteer to support others.

How to get involved

Anyone can signpost students to peer wellbeing support. For more information visit: https://www.gla.ac.uk/myglasgow/peersupport/

“in our tight university community we can encounter a lot of individuals that are in need of mental health support but are hard to reach”

"...my peers have often told me that the main reason they do not seek advice from the counselling service or an external therapist is that they believe their specific set of problems to be too minor to be worth getting professional help”

For more information on Peer Wellbeing support at Glasgow contact: studentpeersupport@glasgow.ac.uk