Peer Wellbeing Support

Students supporting students.

An introduction to the Peer Wellbeing Support Service.
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: 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
Peer Wellbeing Support

All students can access any PWS college/group

Active listening  
Connection  
Empathy  
Signposting options  
Free from judgement

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

PWS Training = confident, skilled supporters

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

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

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