



It's a clue!

Listen to the song
lyrics

About me and the team where I work

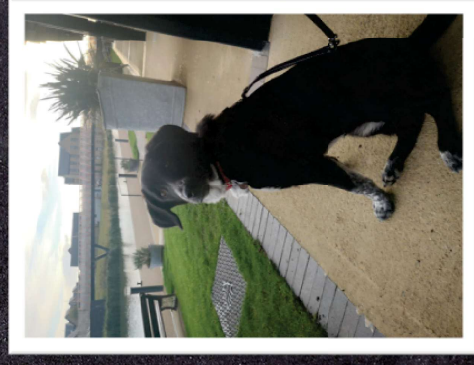


I'm an Education
Mental Health

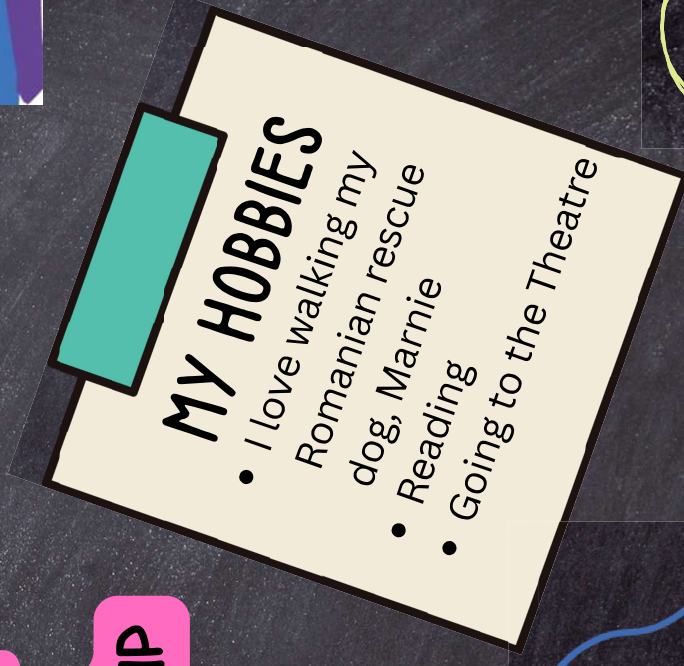
Practitioner - EMHP



Annmarie Mead



This is Marnie



PEER SUPPORT

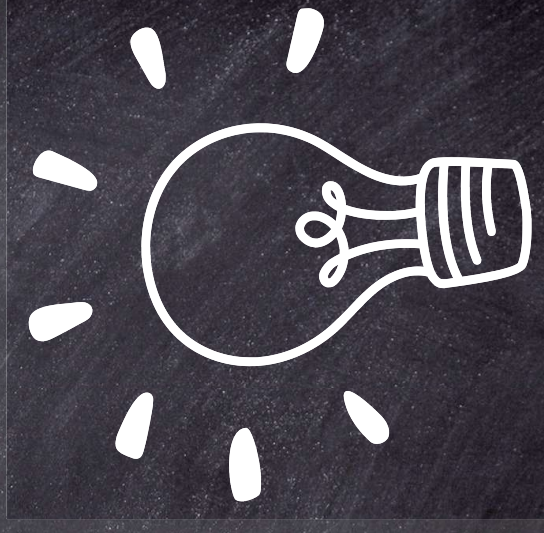
Introducing...

 **MHS**
Mental Health Support Team

TODAY'S AIMS



- What is Peer Support?
- How does Peer Support help others?
- Why introduce Peer Support?
- What skills and attributes do you need?
- How to become a Peer Support champion



MENTAL HEALTH PEER SUPPORT IS ...

“ ... a trained young person supporting
other children and young people
through offering support, building
emotional resilience, promoting
wellbeing and positive mental health...”

WHAT IS PEER SUPPORT?

1. Peers helping and supporting each other
2. Support that is offered in a planned and structured way
3. Pupils are trained to fulfil their role



HOW DOES PEER SUPPORT HELP?

It is an effective way of supporting wellbeing and mental health.
There are lots of different ways that a peer support
mentor/champion can help.

- Listening
- Mentoring
- Mediation
- Coaching
- Befriending or buddying



MHST

Mental Health Support Team

WHY INTRODUCE PEER SUPPORT?

There's lots of research to support peer support. It helps ...

to feel supported
outside of the
classroom

strengthen relationships
with peers and one
another. Helps increase
self-confidence and
self-esteem

to reduce times
of feeling alone
or isolated and
supports positive
friendships

support the
development of
social skills and
encourages
problem solving
skills



MHST

Mental Health Support Team

KEY ATTRIBUTES

- Enthusiasm
- Motivational
- Comfortable building relationships
- A good listener
- Reflective and open to learning
- Hold a genuine desire to 'give back'
- Dependable
- Demonstrate flexibility
- May have experienced peer support



WHAT SKILLS DO YOU NEED?

Are you prepared to give your time to the Peer Support Team (and during regular break times?)



GOOD AT LISTENING

Are you good at listening to others and enthusiastic about helping your peers across the whole school?



DEPENDABLE AND FLEXIBLE

Can you follow guided instructions and work well together as a team?



OPEN TO LEARNING

Are you good at building relationships or have a desire to learn these skills?

Are you able to reflect on experiences and how this may help others?

Are you patient and empathetic towards others?

WANT TO APPLY?

Y4, Y5 & Y6
PUPILS ARE
INVITED TO
APPLY

Peer Support Team

EXCITED TO APPLY?

Complete the application form

Paper copies [can be taken home if you wish] and digital version available. You only need to complete one version.

It may help you to think about some of the skills discussed in this presentation and how you might be able to include some of these alongside your personal experiences in your answers.

Consider how you can make your application stand out from others.

All applications will be reviewed by school staff and an update will be shared once the successful pupils have been selected and announced!

QUESTIONS?



ASK ME

APPLICATIONS TO BE
COMPLETED BY FRIDAY 7TH
NOVEMBER

GOOD LUCK!

What was
the link to
the lyrics?