



# Peer Support

## **SUSU Peer Support Scheme Role Description**

### **What is the Peer Support scheme?**

The initiative of the peer support scheme is to make available a network of trained students who are interested in providing support and a listening ear to their peers. The students who are part of this scheme can be undergrads or postgrads and are required to undergo an application and selection process before attending training.

The aim of the scheme is for Peer Support to be an integral part of the SUSU's and the University's support and guidance system for its students. A group of 12 students are recruited each year for the scheme.

### **Peer Support training:**

The training is provided by a qualified professional and consists of 10 three hour sessions. Attendance to all 10 sessions is required in order to complete the training and be able to offer Peer Support.

Skills learnt through the training include effective listening, maintaining confidentiality, respecting boundaries, helping others to feel more comfortable in social and personal situations and helping people manage sensitive issues.

In training, an emphasis is placed on the listener learning their own limits and recognising when best to refer the person they are supporting on to another service within the University (i.e. Counselling, First Support)

### **What happens after training?**

Students who are trained must commit themselves to being available in their role as Peer Supporters for a minimum of 5 hours a week for at least 2 terms after training.

The Peer Supporters must also attend fortnightly supervision to be given on-going support in their roles and to ensure that they are working appropriately and within their limits and abilities. The supervision is provided by a qualified professional and is designed to consolidate the training as well as support and protect the students, the Peer Supporters and SUSU. Supervision is a mandatory part of the scheme and anyone not attending will be required to leave their role as a Peer Supporter.

Peer Supporters adhere to a Peer Support Code of Practice.