

Could you be an LSE Peer Supporter in 2024-25?

The Student Wellbeing Service is looking for students who are interested in becoming Peer Supporters for the 2024-25 academic year.

What is a Peer Supporter?

Peer Supporters are trained student volunteers who help their peers by offering a non-judgmental, confidential listening space to any LSE student. Peer Supporters provide their peers with an approachable presence, modelling a friendly, helpful attitude to others. Peer Supporters may help to signpost students to other services in the School where they can get more specialist help and support.

We welcome Peer Supporters who are eager to help promote awareness of the programme and are willing to organise and participate in wellbeing events and outreach opportunities. This could involve activities during Welcome, within Halls or on campus, or awareness days like University Mental Health Day.

Peer Support is a proven, successful programme which runs at many universities in the UK and the US. To become a Peer Supporter, you must be a registered student in 2024-25, and have completed at least one year at LSE.

What training and support is provided?

Peer Supporters will receive training in listening, questioning, and responding skills. They will also learn about specialist support available in the School, and how to signpost their peers to access further support. Becoming a Peer Supporter offers transferable skills in listening, communicating, and relating to others, as well as enhanced learning about yourself within inter-personal and organisational settings. The training will equip you to support your peers in an approachable, informal, and supportive way. Training is compulsory and will take place in the last week of the Summer term (week commencing June 10th, 2024), and Welcome week in Autumn term (week commencing September 23rd, 2024).

Peer Supporters will also be provided with regular reflective practice sessions throughout the year, facilitated by an SWS Counsellor. It is a space where Peer Supporters can discuss issues arising from the support they provide to others and connect with and receive support from fellow Peer Supporters.

What is the time commitment expected from a Peer Supporter?

We ask Peer Supporters to expect to give 2 hours a week of their time to the role, but it really comes down to how much time each individual puts into the role.

What do previous Peer Supporters have to say about their experience?

"The experience certainly improved my people skills and brought me out of my comfort zone, which will be useful wherever I go in the future."

"I also enjoyed working together with a group of great people. It contributed to creating a better social life than I would have had otherwise."

"By talking to more students, I feel like I am part of a wider LSE community, which is something I've never felt in my first year."

"The training in particular allowed me to learn more about mental health, and how to look after it, which has allowed me to educate people around me."

"Being a peer supporter has had a really positive effect on my mental health overall, as well as my academic performance. It taught me the importance of balance, and ensuring that I prioritise my mental health, and the positive knock-on effects this had on my studies were immense."

Selection Process:

There is further information on the Peer Support Scheme on our [website](#). If you are interested in becoming a Peer Supporter please complete our [online application form](#).

Closing date for applications: Sunday, April 7th, 2024.

We will be interviewing interested applicants early in the summer term.