

Become an LSE Peer Supporter

Information for the 2026/27 Academic Year

Could you be an LSE Peer Supporter in 2026/27?

The Student Wellbeing Service (SWS) is looking for students who are enthusiastic about supporting their peers and helping to build a more connected, caring LSE community. If you enjoy listening, want to make a positive difference, and are interested in developing valuable skills, this volunteer opportunity could be a great fit for you!

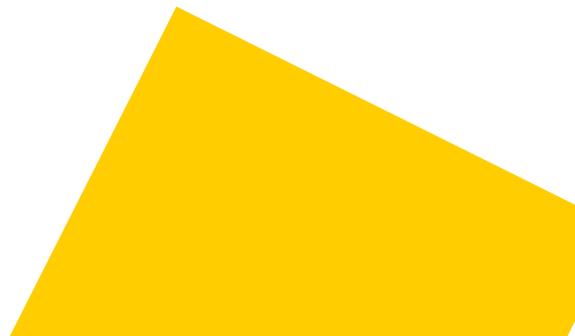
What is a Peer Supporter?

Peer Supporters are trained student volunteers who offer a non-judgmental, confidential listening space for any LSE student. They **meet with students informally for 1:1 conversations**, offering empathy, support and a chance to talk things through. When helpful, they may signpost students to services for further support.

Peer Supporters also help deliver a small number of **wellbeing events** in Autumn Term and Winter Terms- such as **Sip & Support drop-in** and **Meet & Mingle** events. During these events, they chat with students, offer a listening ear, and signpost to further support where appropriate. The SWS team manages all logistics; Peer Supporters simply attend and run the activity on the day.

Peer Support is a well-established programme run across many UK and US universities and has a strong track record of building supportive student communities.

To sign up, you must be a registered student in 2026/27 and have completed at least one year at LSE.



What are the benefits of becoming a Peer Supporter?

- Make a positive difference to the LSE student community
- Gain strong transferable skills in listening, communication and empathy
- Build confidence and meet new people
- Receive a reference from the Student Wellbeing Service (on request)
- Optional: earn a CPD accredited certificate from CPDUK. The certificate is recognised by millions of employers as a commitment to active and conscious learning. Find out more about CPD [here](#).

What do previous Peer Supporters say?

"It improved my people skills and brought me out of my comfort zone. Something that will help me wherever I go in the future."

"Being part of a group of supportive people made a huge difference to my social experience at LSE."

"Talking to more students helped me feel part of the wider LSE community, which I didn't feel in my first year."

"The training taught me more about mental health and how to look after it, knowledge I've shared with others."

"Being a Peer Supporter improved my mental health and academic performance. It taught me balance, and the impact was immense."

What training and support is provided?

Peer Supporters receive comprehensive training to help them feel confident and prepared for the role.



Online training (completed over the summer)

Once accepted, you'll complete short, interactive online modules that cover:

- what the Peer Support role involves and what to expect
- the foundations of peer support at LSE
- understanding student wellbeing and mental health
- knowing when and how to signpost
- looking after your own wellbeing
- how Peer Supporters help raise awareness and deliver events

You can complete the modules at your own pace before Welcome Week.

In person training (Welcome Week- 22nd& 23rd September 2026)

You'll then join us on campus for two days of practical, skills-based training focusing on:

- active listening
- empathy and effective questioning
- confidentiality and boundaries

You'll also practise your skills through small group roleplays and complete **Suicide Alertness training**, supported by the SWS team.

Ongoing support

Throughout the year, Peer Supporters take part in regular reflective practice sessions facilitated by an SWS Counsellor- a supportive space to reflect, learn, and connect with other Peer Supporters.

The training, support -and the role itself -provides valuable transferable skills in communication, empathy, confidence building and teamwork, all of which are **highly beneficial in both academic and professional settings**.

What is the time commitment?

The expected commitment is a small amount of time each week or fortnight **during Autumn and Winter Terms**. Peer Support stays open during Spring Term and over the Winter and Spring

breaks, but volunteering during these periods is entirely optional. We check Peer Supporter availability closer to each break and before Spring Term to see whether students can be matched. The role includes:

- Delivering two wellbeing events per term (around 2 hours each)
- Attending three reflective practice sessions per term (1 to 1.5 hours each)
- Offering 1:1 peer support, which varies each year depending on student demand- some Peer Supporters may meet with two or three students across the term, while others may support a few more
- Optional outreach and promotional activity if you wish to be more involved

Previous Peer Supporters have found the role easy to balance with their studies and appreciate the opportunity to support others and build new skills.



Selection Process

More information is available on the Peer Support Scheme [webpage](#).
If you would like to apply, please complete the [Sign-Up Form](#).

Closing date for Sign Up Form: Friday, 31 July 2026

After applications close, we will review all submissions and confirm offers.

If you are accepted as a Peer Supporter:

- You will receive online training to complete over the summer (at your own pace).
- You must complete the online modules before Welcome Week 2026/27.
- You will attend the two in person training days during Welcome Week (**22nd & 23rd September**).
- Once both parts of training are complete, you will begin your role as a Peer Supporter for the 2026/27 academic year.