# SCHOOL IN-REACH SERVICE PEER MENTORING PROGRAMME



## WHO IS SCHOOL IN-REACH?

We are an NHS Service and team of mental health professionals, who often work with education staff to offer help and advice on how they can support young people with their emotional wellbeing and mental health in schools. Sometimes we might also work directly with learners.

You can find out more about us on our website



www.cavyoungwellbeing.wales/l4vw

"I feel more confident talking to people." (mentor)

## AS A MENTOR. YOU WILL:

- Attend training & supervision with School In-Reach
- Be supported by a designated member of staff
- Develop leadership and communication skills
- Gain valuable experience in a supportive role
- Build meaningful experiences beyond the classroom
- Build a toolkit full of resources and ideas to use

#### WHAT IS PEER MENTORING?

The peer mentoring programme began as a sixth-form learner's initiative to introduce peer-led support in her school. It has since been adapted using resources from the Anna Freud Centre, Llantwit Major Sixth Form, and the School In-Reach service. The programme hopes to builds supportive relationships between younger learners and sixth-form peers, encouraging mentees to make small, positive changes for their well-being.

### WHAT DOES A PEER MENTOR DO?

A Peer Mentor is a young person who can offer guidance and support to a younger learner within school, ultimately to help them feel like they are connected to, and belong within, their school system. The role of a peer mentor is to provide information, support and encouragement to mentees through organised sessions in school.



Your input matters – this is your resource to help shape. We'd love to work together, to hear your feedback, ideas, or anything you think could make it even better.

"It helped me rethink what I want to do when I left school and university course." (mentor)

If this is something you're interested in, please speak with your Head of Year/Mentoring Coordinator!











