



Stronger
Brighter
Together

Peer Mentor Support Pack

A practical guide for young people
to support younger peers

Small conversations
can make a big difference



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*"You don't have to be an expert
to be a great support.
You just have to care."*





Being a Peer Mentor

What does it mean?



As a peer mentor, you can make a real difference to the lives of younger students. You don't need to have all the answers – just being a kind, reliable and trusted person can help someone feel less alone and more able to cope.

Your role is to:

- ✓ Be approachable and friendly
- ✓ Listen without judgement
- ✓ Offer support and encouragement
- ✓ Help younger students feel included
- ✓ Signpost to the right people and services when needed



*Kind
Present
Supportive
You*

Your role is NOT to:

- ✗ Act as a counsellor or therapist
- ✗ Try to fix someone's problems
- ✗ Keep serious concerns a secret
- ✗ Take on responsibility for someone else's safety
- ✗ Give advice about things you're not trained for

"Sometimes just being there is enough."

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How to Support a Friend

Helpful skills and conversation tips



Good conversations can help someone feel listened to, valued and less alone. You don't need special training – just a few simple skills can make a big difference.



Listen

Give them your full attention. Let them talk at their own pace.



Show you care

Use kind and open body language. A simple "I'm here for you" can mean a lot.



Be curious

Ask open questions like "How are you feeling about that?" or "Do you want to tell me a bit more?"



Respect their feelings

Try not to judge or dismiss what they're saying. Their feelings are valid.



Help them think of options

You can ask "What do you think might help?" or "Who could support you with this?"



Know your limits

If something feels too big for you, it's OK to say so and help them find the right person to talk to.

*"People may forget what you said,
but they will never forget how you made them feel."*



Boundaries, Confidentiality and Safeguarding

Keeping everyone safe



As a peer mentor, it's important to understand your boundaries and when to involve an adult. This keeps you, the person you're supporting and the wider college community safe.



Confidentiality

- You can usually keep everyday conversations private.
- However, you must share information if someone is at risk of harm (e.g. to themselves or others) or discloses abuse.
- Always follow your college's safeguarding policy.



When to get help

Speak to a trusted adult (e.g. Safeguarding Lead, tutor) if someone:

- Is thinking about harming themselves or someone else
- Is being harmed, abused or exploited
- Is involved in serious risky behaviour
- Shares something that worries you



Your college contacts

Designated Safeguarding Lead: _____

Contact details: _____

Other trusted adults: _____

*"It's not your job to keep it all to yourself.
Sharing concerns can keep someone safe."*

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Looking After Yourself

You can't pour from an empty cup



Supporting others can be rewarding, but it can also be emotionally demanding at times. It's important to look after your own wellbeing.

Tips for self-care



Take time to do the things that make you feel good



Keep active, eat well and get enough sleep



Talk to someone you trust if you're feeling overwhelmed



Use supervision or check-ins if offered by the college



Set healthy boundaries – it's OK to take a break



Remember that you're making a positive difference



"Your wellbeing matters too. It's OK to step back and ask for support."



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Useful Resources

Where to find more help



Here are some trusted websites and organisations with useful information, advice and support for young people.

YOUNGMINDS

Mental health support for young people, including tips, information and crisis support.

www.youngminds.org.uk

**student
minds**

Practical advice on supporting a friend and looking after your own mental health.

www.studentminds.org.uk

NSPCC

Information on safeguarding, staying safe and supporting others.

www.nspcc.org.uk

Childline,

Free, confidential support for under 19s.

www.childline.org.uk | 0800 1111

**shout
24·U**

24/7 text support if you're struggling.

Text SHOUT to 85258 | www.giveusashout.org

SAMARITANS

24/7 support for anyone who's struggling to cope.

116 123 | www.samaritans.org



Mental health information and support.

www.mind.org.uk



Free, safe and anonymous online support for young people.

www.kooth.com



*"A kinder, more connected
college community starts
with people like you."*



*Thank you
for making
a difference*

