



Example of a drop-in room

Feedback from our service

“I enjoy being a buddy as I enjoy helping people and making them feel happy and safe.”

Mentor at St Mary’s Church of England School

“Because peer mentors are students I feel as though I can connect with my mentor – I guess it means we are able to understand each other very well and I am very comfortable discussing my thoughts and feelings with him.”

Mentee at Aylesbury Grammar School

“Bucks Mind came in and provided our school with invaluable information and training about mental health and wellbeing. The children really engaged with the trainers and took on board the importance of this subject.”

Teacher at Iver Heath Junior School

mind Buckinghamshire

Contact us

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www.facebook.com/BucksMind
www.instagram.com/bucksmind



mind in Berkshire

www.mindinberkshire.org.uk

“Learnt so much. Wonderful and collaborative working environment - training has built my confidence and enthusiasm for the role”



 mind
in Berkshire

 mind
Buckinghamshire



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Peer Support Service in Schools

What we do

Our Peer Support in Schools Service is available to both primary and secondary schools in Buckinghamshire and East Berkshire. We deliver a full day of training to a team of Sixth Form or Year 5/6, enabling them to provide listening support to their fellow students and become mental health ambassadors.

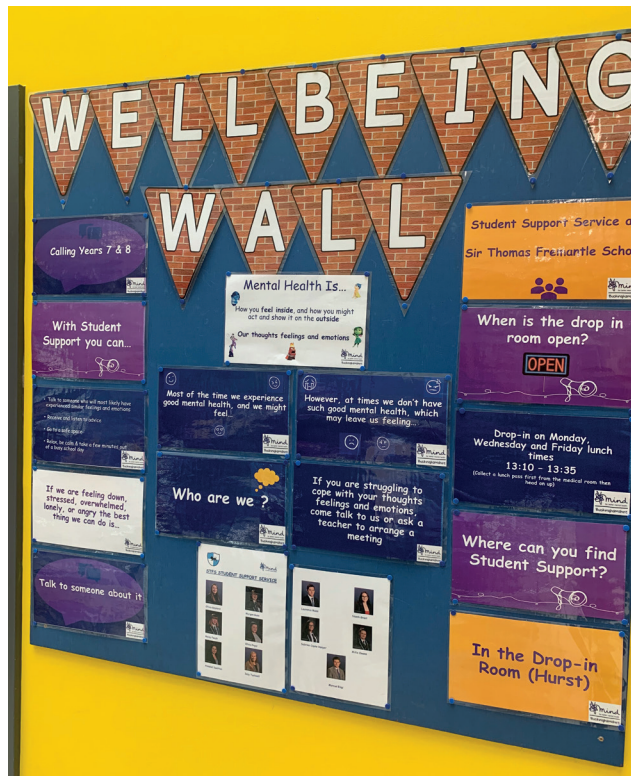
The training includes: mental health awareness, mentor responsibilities and attributes, communication and listening skills, confidentiality and safeguarding.

The service can be tailored to best suit your school, for example, by choosing a name for your mentors, such as 'buddies' or 'listeners' and how you operate the service, e.g. a drop-in or referral process, but the role of a Bucks Mind Peer Mentor is universal.

We help and support school staff to co-ordinate the peer mentor service, by facilitating termly sessions with mentors and mentees, provide monthly resources and deliver a parent and staff session.

We also organise a co-ordinator meet-up at the end of the school year, providing an opportunity to network and share ideas between schools.

We want to empower, not only peer mentors, but the whole school in tackling the stigma behind mental health and encourage students to seek support when they need it.



How to access the service

To find out more information about our Peer Support in Schools service please email cyp@bucksmind.org.uk or call **01494 463364**.

Mental health education service

The Children and Young People's team also offer assemblies, workshops and training for students, staff and parents. To find out more, please email cyp@bucksmind.org.uk or call **01494 463364**.



About Buckinghamshire Mind

We are Buckinghamshire Mind, the mental health charity. Our vision is that everyone with a mental health problem gets both support and respect.

We connect. We support. We influence. We deliver services in our local communities, in Buckinghamshire and East Berkshire. We promote wellbeing and recovery; we prevent mental ill health; we offer talking therapies and we provide support in times of crisis.

We are affiliated to national Mind and proud to play our part in the local Mind network. Together we are Mind. Open, caring, experienced, unstoppable, together.

We stand up for mental health. Our services change lives. For support. For respect. For you.

Buckinghamshire Mind is run by local people for local people and is responsible for its own funding and the services it provides. To donate or fundraise for us, please visit www.bucksmind.org.uk/support-us

