



Chilypep have been working with Barnsley College under the Local Area Transformation Plan to provide a Peer Mentoring Service for students at College.

The need for a Peer Mentoring Service was identified through consultation with Young People across Barnsley.

"I really do love being a Peer Mentor as it has helped me gain more awareness of different mental health conditions. And it's really great to see that impact and that's what I really enjoy the most about being a Peer Mentor."

Chilypep recruit and train students from across the College who are interested in becoming a Peer Mentor. They have designed their own name and logo CHIL (Changing, Helping, Individual Lives).

Ask for Pedro

CHIL Peer Mentors

CHIL Peer Mentors are here to:

- >Support students around college
- >Provide activities to improve emotional wellbeing
- >Give students someone to talk to about mental health
- >Make friends and have fun!

Changing, Helping and Influencing Lives

For more information about accessing support from the CHIL Peer Mentors contact Emma Manser on emma.manser@chilypep.org.uk / 079 206 50 444

The Mentors provided 1-2-1 and group drop in sessions for students who are requiring extra support.

This includes running weekly Wellbeing Wednesday Sessions in the Students Union for young people to access advice and learn strategies to improve their emotional wellbeing.

"Being able to sit and chill to distract myself from pressures at college is good" Mentee

"Being able to talk to someone has really helped" Mentee

To find out more about the Peer Mentor project please visit:

<http://www.chilypep.org.uk/peer-mentors>



NHS
Barnsley Clinical Commissioning Group

Celebrating 70 Years of Progress in Mental Health across the North of England