

VET PEER SUPPORT

Confidential Support | For Students | By Students

What?

The Peer Support team are a group of vet students, just like you! We're trained by the counselling service to provide completely confidential support, and are always on hand with a nice cuppa for those trying Vet School/Uni/Life moments.

Where?

Email any of us, any time. Just type our name into the "find someone" box in the Uni email system.

FREE Tea & Coffee sessions—
There's also biscuits... and no student says no to a free biscuit!

Peer Support T-Shirts; oh they're blue and beautiful... Spot us around campus.

Confidentiality

Anything you choose to discuss is completely confidential and therefore goes no further.

The only circumstances in which we break confidentiality is if we feel yourself, or someone else is in danger. In these cases we will always let you know what is happening.

Become a Peer Supporter

Vet school is definitely a roller coaster of emotions... We've all had the days where we can't quite believe we're here, to the days we want to give up and the days we just want to SAVE ALL THE ANIMALS.

The Peer Support team has been running since 2009, trying to provide a little helping hand for our students going through vet school life. We work with the University Counselling service to provide advice, support and a friendly face.

Every year we take on a new cohort of Supporters. Training from the counselling service involves 30 hours split across 5 Saturdays. This is a BIG commitment, as all sessions need to be attended. After training you graduate (no mortarboard I'm afraid... but there is cake!) and become a proper peer supporter.

We all support each other, as no-one should carry the worries of others alone. Reflective Practice happens every other Monday evening for 1.5 hours, where the team 'reflect' on any issues that have arisen. A counsellor is at every reflective practice and provides a safeguard to ensure no-one is at risk, either the student, support or anyone else.



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Is it for you?

Peer Support is a commitment. As well as the training and reflective practice, we try to improve the visibility and awareness of peer support within the vet school; more events, talks and drop-in sessions are being organised, which you will need to attend.

Certain personal qualities can help make a good Supporter:

- *Reliability & Time Management*
- *Capacity for self-awareness*
- *Desire to understand others*
- *Strong interpersonal skills*
- *Good team member*

Training 2017

Training will occur on the following dates. Please check all of them to make sure you can attend. If there is a single session you can't attend please let us know in your application.

7th October

21st October

4th November

18th November

2nd December

Why?

Giving something back is one of the main reasons students become supporters. From our own past experiences we can pass on what we've learnt to students going through similar experiences.

The training for Peer Support has been invaluable, not just for the 'Vet Peer Support' but for dealing with issues everyone can experience. Topics such as 'Active Listening', 'Boundaries and Limit Setting' and 'Families and Family Concerns' can be applied not just in vet school, but carried on past graduation and into veterinary life.

From Peer Support you can gain:

- *Friendship and support within the team*
- *A wide range of transferable skills in listening, communicating and relating to others*
- *Increased self-awareness, confidence and self-esteem*
- *A greater ability to manage your time, set boundaries, and care for yourself*
- *Organisational and leadership experience*

Send your application to

peersupportservice@liverpool.ac.uk

