



action
mental
health



Peer Mentoring

Peer Mentoring is a programme for young people aged 11-25 years old. This training is for young people who want to make a difference to their community, who are interested in helping others and would like to express their thoughts and opinions.

What's involved?

- To learn how to be a good friend & peer
- How to look after your own mental wellbeing
- To understand the difference between positive & negative friendships
- Listening skills and understanding the difference between listening & hearing
- To understand how to communicate effectively
- To learn and understand the meaning of stereotyping and the importance of being non-judgemental
- Recognising the signs of someone going through a difficult time and what to do when you notice this



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Northern Ireland
Executive
www.northernireland.gov.uk



Rialtas
na hÉireann
Government
of Ireland



Peer Mentoring is delivered as a
6 session programme.

Each session
lasts 1hr
30mins.

Programme Structure:



Mental Health & Emotional
wellbeing



How to become a
positive peer mentor?
(roles & responsibilities)



Effective communication
& listening skills (signs &
empathy)



Building purposeful
relationships (boundaries
& confidentiality)



Why do we think the way
we do?



Inter-group
workshop

To find out more, contact:

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