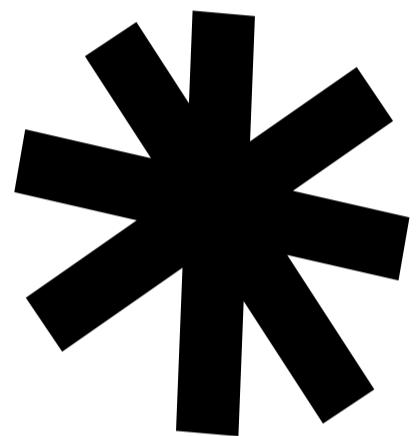
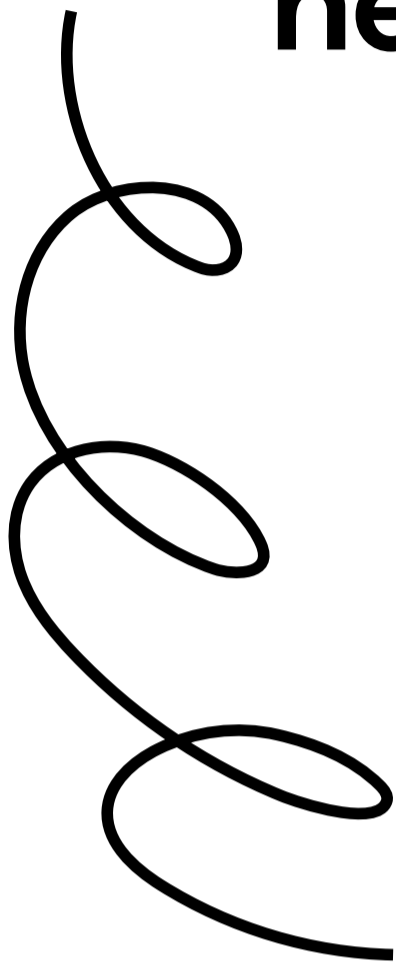


Want to become a mental health ambassador in your school?



Take part in the Peer Education Project

- Improve your public speaking and leadership skills.
- Increase your self-confidence and esteem.
- Gain greater knowledge about mental health and other related topics.
- Improve your organisation skills.
- Strengthen CV and/or personal statement.



You will be trained to deliver lessons on mental health and wellbeing topics to younger pupils, with the support of school staff.

"Having taken part in the project we have grown not just in confidence but also in awareness of mental health. We learnt how to discuss mental health in a concise yet honest way as well as being able to bridge the age gap between sixth form and lower school which has been extremely rewarding." Pupil from Watford Grammar School for Girls



Interested? Speak to: _____



Peer
Education
Project



Mental Health
Foundation

