

# Want to become a mental health ambassador in your school?

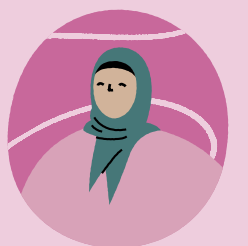


## Take part in the Peer Education Project

- 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

