PEER SUPPORT WELLBEING HUB

Partners
UC Students Association

Supporters
UC Wellness Services
UC Foundation

Our reality.

Adjusting to tertiary study, feelings of loneliness, and academic anxiety often triggers depression, stress, and anxiety amongst students. In a new study released by the New Zealand Union of Students' Associations (NZUSA), 56 per cent of students have considered removing themselves from studies due to feeling overwhelmed, living with mental illness, and fearing failure.

Our proposal.

Mental health wellbeing care at UC is abundant and complex. Often, students are unaware of the full range of services available to them which commonly leads to miscommunication. Students who receive incorrect or misleading care initially are typically deterred to re-enter the health care system.

Hence, Lads Without Labels desire to improve care by implementing a new student-led initiative for the UC student body, which aims to get students the right care, the first time. Broad features of this implementation include:

- Virtual platform and/or chatroom, enabling and facilitating the communication between the student body and care on campus - operated by trained UC peer mentors.
- Operation of a wellbeing hub, in which physical space is provided for student's personal downtime, meeting friends, and seeking advice from student peer leaders.

Setup up and operation requirements.

- Peer mentors will undergo a professionally guided training program, and will be trained to:
  - effectively provide assistance in directing students to the most suited UC service
  - identify escalation, being able to get students in contact with crisis support immediately
  - monitor students wellbeing state throughout their journey from the first contact to treatment, through to continued support.
  - be able to physically meet students if deemed necessary.
- Assign a paid position on the Lads Without Labels executive to oversee and maintain the programme.
- Regular team check-ins with experienced supervisors, for debriefs and peer mentor support.

Timeline

Lads without Labels, along with those partnering on the initiative look to implement the peer support wellbeing hub in the early stages of 2022. Continuing on from this, Lads Without Labels will look to make further improvements to the programme using stakeholder feedback and will continue to maintain the hub into the foreseeable future.

Note: all information contained within this document is not a guarantee of action, but provides a framework in which Lads Without Labels along with its partner's and supporters will pursue the proposed wellbeing hub.