

## **Peer Support Club ( NitteDU)**

The **Peer Support Club** is an initiative of the **NITTE (Deemed to be University) Student Wellness Centre** aimed at fostering student-led emotional and psychological support. Through this initiative, selected student volunteers are trained to recognize peers in need and offer empathetic support by actively listening, with minimal advice-giving.

These peer volunteers undergo structured training conducted by the faculty of the **NITTE (DU) Student Wellness Centre**. The training equips them to identify emotional, psychological, interpersonal, and other concerns among fellow students and refer them to the Wellness Centre for professional counselling and further intervention.

### **Benefits for Peer Volunteers**

Participation in the Peer Support Club provides the following personal and professional benefits:

- Experience in voluntary and community-based service, which is often valued by foreign universities during admissions.
- Development of self-esteem and problem-solving abilities.
- Growth in social, emotional, and cognitive domains through acquiring new skills, taking responsibility, and contributing to a meaningful cause.
- Enhancement of leadership, empathy, respect, and other essential life skills valuable for future success.

### **Core Training Curriculum**

1. Introduction and Background of the Peer Support Club – Orientation Program
2. Sensitization – Mental Health Issues and the Impact of Coping Patterns Among College Youth
3. Awareness on Addiction and Substance Abuse – How to Seek Support
4. Precipitating Factors for Mental Health Issues and Substance Abuse
5. The Importance of Professional Help-Seeking and Counselling
6. Myths and Facts About Counselling
7. Life Skills to Promote Resilience
8. Current Access to Mental Health Services in India

### **Objectives of the Peer Support Club**

- To sensitize students to the mental health needs of their peers.
- To raise awareness about the impact of substance abuse and promote a drug-free campus environment.
- To empower students to identify peers in distress and refer them to the Student Wellness Centre for counselling and therapy.
- To reduce the stigma associated with seeking professional psychological help.
- To prevent mental health issues through early intervention and promote overall positive mental health on the NITTE (DU) campus.

## **Volunteer Commitment and Certification**

A **1 hour training program (Saturdays, between 12 – 1pm)** will be conducted for all peer volunteers based on the modules listed above. Once in 3 months, we will be holding **group discussions and meetings** with the counsellors at the NITTE (DU) Student Wellness Centre for ongoing guidance. The training programs will be conducted campus-wise.

Volunteers are expected to maintain ethical boundaries and provide appropriate support to their peers. While there is **no monetary compensation**, participants will receive a **certificate of participation and volunteer service** from the university in recognition of their contribution.