

## **Part A: Terms of Reference Package - Peer to Peer Mental Health Educator**

Awareness, Community, Education

### **Vision**

P2PMHEs engage and empower students through the integration of well-being strategies, education, and support into the daily lives of students.

- To reduce stigma associated with mental illness.
- Identify and describe how stigma and self-stigma relate to and impact students with mental health problems.
- To raise awareness of mental health issues affecting post-secondary students, to build a strong MRU community.
- To educate on wellness resources available to students.

### **Mission**

The Peer to Peer Mental Health Education program offers students a holistic approach to mental health and wellness education. Our focus is to assist students by offering support, guidance and a variety of educational activities to achieve our program goals of eliminating stigma and raising awareness of mental health and wellness on campus.

### **Why Peer to Peer Mental Health Educator?**

Education occurs in a multitude of ways, and students in this group practice educating their peers on topics related to mental health. ‘Educator’ does not imply that we are psychologists, psychiatrists, or the experts on all things related to mental health and illness. Educator simply refers to the fact that students who are a part of this group use different mediums to shed light on the topic of mental health. This is achieved by conducting educational events, presentations, campaigns, and activities for students and the broader MRU community with a team of peers who are passionate about mental health, just like you! Events include the Bell Let’s Talk day, Eating disorder awareness week, as well as National Depression Screening Day which all serve to educate through peer discussion, resource exchange and learning.

### **Time commitment**

2 - 4 hours per week (1.5 hours meeting time, 2 hours volunteering at events as well as training throughout the year).

# Role Description

## Responsibilities and expectations

1. Attend the 2-day mandatory training in September, and engage with additional training as it is made available throughout the year.
2. Attend weekly meetings
3. Work towards raising awareness and educating your peers about mental health and mental illness.
4. Promote mental health resources on campus
5. Respectfully collaborate with your team-members about initiatives or messages to implement on campus.
6. Ask questions if you don't understand or want more information on any topic that arises! We are here to support each other.

## Benefits

1. Event planning experience
2. Outreach (MRU and broader communities) experience
3. Presentation experience
4. Mental health and mental illness knowledge
5. How to help a friend or peer in distress
6. The opportunity to network with other student leaders on campus
7. Applied Leadership
8. Communication skills
9. Opportunity to co-facilitate presentations to peers in classrooms (Undergraduate studies, Psychology classes, etc.)

## Training and growth opportunities

The Peer to Peer Mental Health Educator Program also provides students the opportunity to engage in learning opportunities, trainings, and workshops. Topics cover multiple areas of mental health and wellness. The types of trainings include but are not limited to:

- ABCs of Helping
- The Inquiring Mind workshop
- SafeTalk/ ASSIST
- QPR (Question, Persuade, Refer)
- Mental Health First Aid
- Diversity and Inclusion in education
- Interpersonal skills training
- Event Planning

- Violence prevention
- Sexual assault disclosure training
- Kouzes and Posner's 5 Practices of Exemplary Leadership
- And more!

## Qualifications and requirements

1. Student at MRU
2. Commitment to being a leader on campus
3. Reliable, responsible and approachable
4. Effective communication skills including a willingness to speak to students comfortably
5. Ability to work cohesively in a team setting with fellow Peer to Peer Mental Health Educators
6. A willingness to learn and have fun!

## Leadership practices

1. **Model the way**
  - Taking care of yourself : This role can be difficult at times, and ensuring your health and wellness are taken care of is a top priority.
  - Being present: it is one thing to attend events and meetings, but it is another thing to be present with your peers, engaged and ready to take action when needed.
  - Offering Support: You are a leader on campus, and this means students may look to you for advice, help or assistance. For this reason, it is important to ask the right questions when you are not sure of the answers, and refer students to Wellness Services to address their needs. In addition, it is your responsibility to take part in educational opportunities to enhance your scope of understanding of mental health and ways you can be a support to your peers.
2. **Inspire a shared vision**
  - It is simple: Raise awareness, reduce stigma, and educate on resources available and engage in self growth throughout the process.
3. **Challenge the process**
  - Search for opportunities, take healthy risks, and learn from any mistakes made.
4. **Enable others to ACT**
  - Collaborate, discuss and empower with fellow P2PMHE members and students.
5. **Encourage yourself and each other.**
  - Engage in team building activities, recognition ceremonies and strive to be the best in your role as a Peer to Peer Mental Health Educator.
  - Represent the group by wearing and showcasing the SWAG items provided to draw attention to the work members of the P2PMHE program do.

