

Student Social Connect

Social Prescribing/Peer Support Pilot

Would you like support with developing social networks in Sheffield and at SHU? Are you feeling lonely or isolated and struggling to make friends?

Perhaps you feel your mental health is suffering and you are feeling anxious and low in mood, and would benefit from some support to help you create a routine, meet new people and try new things. If so, this could be for you.....

Hallam SU are piloting a peer support scheme called **Student Social Connect** in collaboration with SHU Wellbeing.

Student Social Connect involves:

You will be paired with a **connector** (a trained student) who will help you to make a 6 week wellbeing plan. This could include everything from SU societies to events, meal prepping, volunteering opportunities, meditation classes



The plans are very flexible - the connector could attend several activities with you, attend the first time or not any, but will regularly catch up with you to check how you are getting on. The plans can last up to 6 weeks.

Please note: The connectors are not trained mental health professionals, they are students who want to help others connect to their community and improve their wellbeing!

If you are interested in this support, please contact student.wellbeing@shu.ac.uk with “Social Connect” in the email title. Include your full name, student number and phone number in the email. .

