

## Student 2 Student

### Talk to us if:

- If living and studying in Dublin is harder than you thought it would be.
- If you have trouble adjusting to College or "fitting-in" at Trinity.
- If you're having relationship problems: break-ups, communication issues, etc.
- If family stuff is weighing on you: pressure from parents, issues with siblings.

**"I ONLY MET WITH A  
PEER SUPPORTER  
ONCE, BUT IT WAS  
GOOD... I HAD SOME  
QUESTIONS ANSWERED  
AND IT WAS HELPFUL."**

*- TCD Student*

### Don't talk to the wall:

- S2S volunteers are fellow trinity students from many different faculties.
- Confidentiality is assured and the service is free of charge
- We meet on your terms and there's no strings attached
- S2S is a listening for whatever is on

your mind, we can help you come to your own solution.

- You can contact us on our confidential **email** address ([peer@tcd.ie](mailto:peer@tcd.ie)) where you can send your questions
- **Online** at our web forum with support and information: [www.trinitymentalhealth.com](http://www.trinitymentalhealth.com)
- You should be able to spot us in our bright yellow hoodies!

### We are not:

- Counsellors or therapists: as your peers, we respect your right to privacy and won't ask you questions that aren't on your agenda. Free and confidential counselling is available to TCD students at the Student Counselling Service (896 1407)
- We are not sponsored by a biscuit company! We cannot guarantee biscuits and we are not a free lunch providing service!

**"IT WAS DIFFICULT TO SETTLE-  
IN AT TRINITY BUT IT WAS  
GREAT TO MEET SOMEONE WHO  
UNDERSTOOD THAT. THERE  
SHOULD BE MORE STUFF ALONG  
THE SAME LINES AS PSN.  
THANKS FOR EVERYTHING!"**

*-Trinity Student*

## S2S Background

Originally named Peer Support network, since 2001 The service has trained undergraduate and post-graduate students in basic listening and referral skills.

To date around 250 students have received a 30-hour training from the Student Counselling Service.

In 2005, the Peer Support Network was awarded Associative Society Status by the Central Societies Committee.

This year the service has adopted the name Student 2 Student.

**The S2S is supported by the professional counselling team at the TCD Student Counselling Service.**



## How to contact S2S:

You can reach the S2S Coordinator on email: [peer@tcd.ie](mailto:peer@tcd.ie) or by phone: **(01) 896 2438**

All queries are confidential.

## Online Support:

In conjunction with the Trinity Mental Health Project, a S2S run Discussion Board was set up last year. This anonymous forum provides a space for:

- Posting concerns and questions.
- Offering your ideas and supporting your fellow students.
- Updates on important issues for student mental health and well-being.

Log on to

[www.trinitymentalhealth.com](http://www.trinitymentalhealth.com)

to join the site and help shape the forum!

## Become a Supporter:

S2S volunteers are always needed!  
Visit our website  
[www.tcd.ie/student/peer\\_support](http://www.tcd.ie/student/peer_support)

and click on the link for training to get involved!

Student to Student also offers a shorter version of the training course in Hilary Term, facilitated by peer support volunteers.

## The TCD **S2S**

## **WE'RE HERE FOR YOU:**

**Online  
Face-to-Face  
Via E-mail**



# Student Student



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to  
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Phone: (01) 896 2438

Website:

[http://www.tcd.ie/student/peer\\_support](http://www.tcd.ie/student/peer_support)

