

What is Mind Map?

Mind Map raises awareness and understanding of mental health issues. The project works with young people in schools and other youth settings in Brent, challenging discrimination and supporting young people who are experiencing mental distress.

Mind Map runs various projects for young people, including a Peer Education Programme and workshops to help motivate and support young people into employment, education or training.

Peer Education: What's the big deal?

A Peer Educator is someone, between the ages of 16- 25, who is trained to educate others of a similar age. The reason behind it is that young people are more likely to listen to someone they can relate to.

Research has shown that Peer Educators are an effective way of informing young people on important issues, like mental health. This is because they use similar language and references, and young people are more likely to open up to someone of a similar age.

What you need to do?

When you sign up to be a Peer Educator you will receive 4 days training. By the end of this training you will have a good understanding of mental health, including signs and symptoms, and causes and treatments.

Training also includes presentation skills and confidence building, to prepare you for delivering workshops to children and young people. Throughout training you will receive group and individual support to make sure you are getting the most out of the programme.

As a Mind Map Peer Educator, your opinions are valued and encouraged. You can choose to have a real input into how the project is run, and be involved in the design of workshops.

What do you get out of it?

1. Being a Peer Educator gives you loads of valuable skills and experience. The project is also accredited by ASDAN, which means you can earn UCAS points by working as a Peer Educator.
2. All this will give you valuable and transferable skills that help your personal development and look great on your CV.
3. Peer Educating is also a great way to make friends and try new experiences. In the past we have taken Peer Educators on residential training weekends; full of exciting activities like kayaking, abseiling and quad-biking!
4. We have a clear progression route in place. Once you have been volunteering with us for a year, you will have the opportunity to explore different volunteering opportunities within Brent Mind.
5. Being a Mind Map Peer Educator means you are giving back to your community, and really making a difference to the lives of young people in Brent. By promoting awareness and positive attitudes towards mental health, you will be helping to reduce discrimination and stigma, and the number of people who develop serious mental health problems.

Your commitment to us...

- 1 year volunteering as a Peer Educator
- Being available to deliver workshops (between 9am – 3:30pm during term time) or available outside of these times to help design workshops
- Attendance at monthly supervision meetings and training
- Delivering at least 6 workshops in your first year as a Peer Educator.

Our commitment to you...

- To provide 1:1 support
- To respect and value your opinions, and encourage your input
- To ensure you get the most out of the project and enjoy the experience
- To provide any relevant training
- To help your progression into employment or further education.