

MORAY COLLEGE

# PEER SUPPORT GROUP



A supportive group for students encouraging positive mental wellbeing.  
**Run by students, for students.**

## WHEN WE MEET

**MONDAYS · 16:30 - 17:30 · C111**

**FRIDAYS · 16:00 - 17:00 · AGBC114**

At the Moray College Peer Support Group, we create a friendly, supportive environment to discuss personal wellbeing.

Group facilitators work to maintain confidentiality within the group and create a comfortable space to encourage discussion.

Group facilitators are supported and supervised by Moray College Student Guidance. They are current or former students of Moray College who use the principles of peer support and best practice approaches in supporting wellbeing and recovery from mental health challenges.

Our partnership with HISA and Moray Wellbeing Hub CIC provides support and resources to facilitators to ensure that time spent at the group is useful for all involved.

The times and locations of our meetings are subject to change. Please check the student support notice board or Moray Wellbeing Hub website ([www.moraywellbeinghub.org.uk](http://www.moraywellbeinghub.org.uk)) for up to date information.

This group was established in 2016 by Joel Hockney, Moray College UHI student, who continues to facilitate the group after finishing his degree.

**HISA** | Highlands and Islands  
Students' Association  
Comann Oileanaich na  
Gàidhealtachd agus nan Eilean  
[www.hisa.uhi.ac.uk](http://www.hisa.uhi.ac.uk)

MORAY  
wellbeing  
HUB

Flyer supported by Moray Wellbeing Hub via #YouChoose funding. Visit [moraywellbeinghub.org.uk](http://moraywellbeinghub.org.uk) for support groups near you.

### CONTACT US:

Group Facilitator

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