

# Peer to Peer Mental Health Support Team @ QPHS



[safeguarding@qphs.co.uk](mailto:safeguarding@qphs.co.uk)

# Peer to Peer Mental Health Support Team @ QPHS

Craig Duggan

Elise Smith

Jasmine King

Rebecca Gibbon

Cari Gwenter

Hannah Jones

Sienna Taylor

Casey Sutch

Evie Lee

Adriel Gwara

Lily Banham

Lucia Morris

Jazz Murphy

Jack Donlevy





LET'S  
CONNECT



6-12  
FEBRUARY  
2023

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

Brene Brown



# Important connections to us

# LET'S CONNECT



Friends



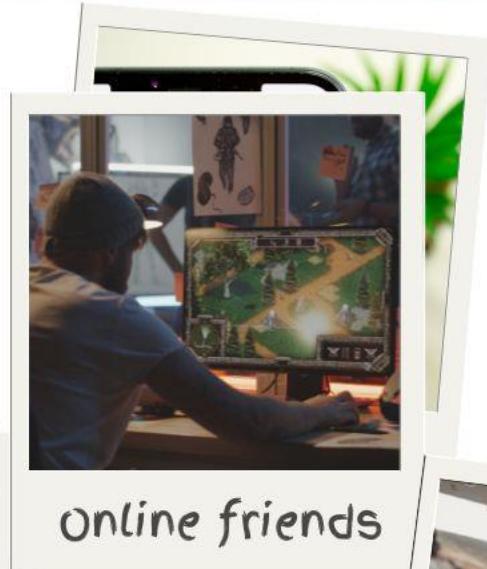
School



Family



Pets



Online friends



Group membership



**LET'S  
CONNECT**

Watch this video: <https://www.youtube.com/watch?v=omPdemwaNzQ>



LET'S  
CONNECT



How can we connect more?

