PEER HELPING PROGRAMME
FREQUENTLY ASKED QUESTIONS

What is the Peer Helping Programme (PHP)?

The Peer Helping Programme (PHP) is a peer support network for students on campus. It is a programme run by the NTU Student Wellbeing Centre.

What is the objective of the Peer Helping Programme (PHP)?

The Peer Helping Programme is a programme which aims to train and equip a team of Confidants with relevant skills and knowledge on how to identify and support a person with emotional and/or psychological issues. The programme also seeks to increase the awareness of mental health and wellbeing to the community through outreach events such as the World Mental Health Day and the PHP Stressbuster.

Is the Peer Helping Programme considered as a CCA?

The Peer Helping Programme is a programme run by the Student Wellbeing Centre and is not a CCA.

What is a PHP Confidant?

A Confidant is a student selected by the Student Wellbeing Centre to be a member of the NTU Peer Helping Programme. The Confidant undergoes a series of training and supervision, to equip them with necessary skills to identify and support students with emotional and/or psychological issues. Where necessary and appropriate, the Confidant may refer these students for professional help.

The Confidant also plans and runs outreach programmes for the student community, to promote positive personal growth as well as to enhance their wellbeing through outreach programmes.

What is the role of the Confidant?

The role of the Confidant is to walk the journey with any student who shows signs of emotional and/or psychological distress by offering moral support and encouragement. Sometimes, it may also be necessary for the Confidants to guide students to seek professional help.

Where does the Confidant get supervision and guidance from?

The Confidant receives guidance and is supervised by the team at the Student Wellbeing Centre.
What is required of the Confidant?

The Confidant is required to abide by the NTU Code of Conduct, as well as the protocol and Code of Ethics stipulated by the Student Wellbeing Centre. The Code governs the behaviour and conduct of a Confidant. He or she is expected to carry out his or her duties as a Confidant professionally and uphold the integrity of NTU and the Student Wellbeing Centre.

What are the pre-requisites to be a Confidant?

1. Current registered Undergraduate or Graduate student, with at least 1 more year of study, in the following academic year.
2. Must attend and complete the compulsory PHP Foundation Training, as scheduled.
3. Must maintain a satisfactory academic performance, of CGPA 3.0 and above.
4. Able to commit time for attending PHP training and supervision, as required.
5. Able to balance demands of studies and peer-helping.
6. Has an interest in voluntary work and youth outreach.
7. All Confidants are to adhere strictly to the NTU Code of Conduct and the prevailing protocol.

What is the selection process?

The applicant is required to submit the PHP application form during the recruitment period. Shortlisted candidates will be subjected to an interview process by the Student Wellbeing Centre. The decision made is final and only selected candidates will be informed of the outcome of their application.