Who is a Confidant?

The NTU PHP Confidants walk alongside their peers, supporting students who may face challenges during their journey in NTU. Confidants have been carefully selected, trained and supervised by the team at Student Wellbeing Centre (SWC), with basic helping skills to support students in need. Where necessary and appropriate, the Confidant may also refer these students for professional help.

PHP Confidants start their journey with an intensive 4-day Foundation Training. While attending continuous training, PHP Confidants also participate in the Group Supervision Meetings and Personal Therapy sessions.

The PHP Confidant also runs outreach events to promote positive personal growth and development, as well as to enhance the wellbeing of our students. These include the PHP Stressbuster Event and the World Mental Health Awareness Day.