



Placement, outreach and engagement (PS376)

University of Warwick Mental Health Champions (Ref: MHC2627)

<ul style="list-style-type: none"> • Organisation Name 	University of Warwick
<ul style="list-style-type: none"> • Team/Department 	WIE
<ul style="list-style-type: none"> • Organisation Address 	University of Warwick, Coventry
<ul style="list-style-type: none"> • Provisional title for the placement project 	Mental Health Champions
<ul style="list-style-type: none"> • Length of placement 	Between 50 and 60 hours
<ul style="list-style-type: none"> • Provisional start date and end date of the placement 	From early October 2026 to mid-December 2026
<ul style="list-style-type: none"> • Number of students 	5-6
<ul style="list-style-type: none"> • A short description of what the placement project would probably undertake, including expected or proposed outputs 	<p>Following successful inception and pilot stages involving previous PS376 students, the Mental Health Champions project is expanding, bringing it to more local schools in 26/27 (https://warwick.ac.uk/news/pressreleases/warwick-empowers-local/).</p> <p>The Mental Health Champions project enables Psychology placement students to support local schools in promoting positive mental health and peer wellbeing. Students will help design and deliver age-appropriate activities, including in-school focus groups exploring pupils' experiences and an on-campus training day that equips young people with practical skills to support their peers. Placement students will work collaboratively with school staff, contribute to resources and workshops, and help evaluate pupil feedback. The project aims to empower young people to lead wellbeing initiatives in their own schools while giving students practical experience in community engagement, mental health education, and applied psychology.</p>
<ul style="list-style-type: none"> • Essential skills that the student would need to have 	<ul style="list-style-type: none"> • Essential skills for Psychology placement students on the Mental Health Champions programme include strong communication and active listening skills, with the ability to engage sensitively and confidently with young people. • Students should be empathetic, professional, and able to maintain clear boundaries while discussing wellbeing topics.

	<ul style="list-style-type: none"> • They need to be reliable, organised, and comfortable working collaboratively as part of a multidisciplinary team.
<ul style="list-style-type: none"> • Desirable skills that the student would need to have 	<ul style="list-style-type: none"> • Adaptability, problem-solving, and confidence in facilitating group activities are important, alongside a genuine interest in youth mental health and a willingness to reflect on their practice and respond to feedback. • Experience of working with young people with SEMH needs.
<ul style="list-style-type: none"> • Address where the work will be carried out 	Mainly on-site (schools and campus) with some online work
<ul style="list-style-type: none"> • Preferred selection method 	Interview (if shortlisted)
<ul style="list-style-type: none"> • Provisional date for interview 	TBA
<ul style="list-style-type: none"> • Support and training offered by the organisation 	Students on the Mental Health Champions programme receive tailored support from both the project lead and Jo Gaffney, a practising psychotherapist and the programme's founder. Throughout the placement, students are guided through all aspects of delivery, including safeguarding, facilitation skills, and working sensitively with young people discussing mental health. They benefit from Jo's clinical expertise, gaining insight into age-appropriate psychological education, trauma-informed approaches, and best practice in school-based wellbeing support. Regular check-ins, reflective discussions, and preparation sessions ensure students feel confident, supported, and equipped to contribute meaningfully to the project while developing their own professional skills and experience.
<ul style="list-style-type: none"> • What will you gain by undertaking this placement 	By undertaking this placement, students gain hands-on experience working directly with young people on mental health and wellbeing, applying psychological concepts in real-world settings. They develop confidence in facilitation, communication, safeguarding, and trauma-informed practice, while receiving professional guidance from the project lead and a practising psychotherapist. The placement also strengthens their reflective practice, teamwork skills, and understanding of school-based mental health support valuable experience for future roles in psychology, education, or clinical pathways.
<ul style="list-style-type: none"> • Any issues that will need to be addressed before the 	A DBS check is desirable. The Department of Psychology will support successful PS376 applicants in obtaining a DBS if they don't have one yet.



placement starts (e.g. DBS, confidentiality agreements...)	
<ul style="list-style-type: none">• Eligibility	This placement is open to Home, EU and international final year psychology students eligible to work in the UK. EU and International students may be required to obtain a Letter of Good Conduct for their DBS checks (Criminal records checks for overseas applicants - GOV.UK (www.gov.uk))