

# WHY?

- EMOTIONAL SUPPORT
- OVERCOME CHALLENGING SITUATIONS
- REASSURANCE
- REDUCE FEELING OF ISOLATION
- REFLECTION
- SENSE OF INCLUSION

## DO WE NEED A MENTOR?

FEEL SUPPORTED ON YOUR PLACEMENT

"FEELING OVERWHELMED HAS IMPACTED MY MENTAL HEALTH TO A POINT WHERE I CAN NO LONGER MAKE SIMPLE DECISIONS"

"WHEN EVERYTHING WAS OVERWHELMING AND I JUST NEEDED TO RELEASE"

"WHEN FACING A CRISIS OF CONFIDENCE IN MY ABILITY AFTER PLACEMENT DIFFICULTIES"

"ABOUT HOW I FEEL ON PLACEMENT"

"FRUSTRATIONS ABOUT THE TYPE OF EXPERIENCE I'M HAVING"

"TO BE HEARD"

"FOUND IT ISOLATING LIVING IN HOSPITAL ACCOMMODATION"

"IT WOULD HAVE BEEN HELPFUL TO HAVE SOMEONE TO GO TO WHEN FEELING LIKE THAT FOR IT TO BE RESOLVED SOONER"

(Hammond et.al, 2019)

## when?

- FEELING LOST DURING PLACEMENT
- LEFT OUT FROM YOUR TEAM
- OVERWHELMED BY PATIENT CASELOAD
- LOSS OF DIRECTION
- NERVOUS SITUATIONS
- PLACEMENT FRUSTRATION