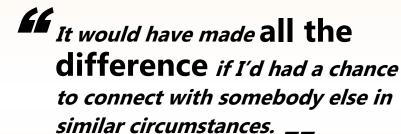
Would a Mentor benefit my child?

What is "mentoring"?

Mentoring is a friendship between a young person and a supportive adult.

Heads Up connects youth who have lived with a family member with a mental health need to caring adults who grew up under similar circumstances.



Is my child eligible?

Youth should be between the ages of 8-22. and live in the Greater Boston area.

To learn more, please contact:

Yelena Tsilker ytsilker@helpfamilies.org 617-876-4210 x141



Youth and mentors meet **2-3 hours weekly** for at least **1 year**.

Mentors and mentees might play a game, visit a museum, or discuss mental health — **it's up to them!**

What are the benefits?

Mentors provide support, information on mental health, and access to new resources and experiences.

Heads Up is a **FREE** way to give your child the chance to develop a strong friendship with another caring adult.



