

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.

“It would have made all the difference if I’d had a chance to connect with somebody else in 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:

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What will my child and the mentor do?

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.

Heads Up Mentor Program

