

# Do you want a Mentor?



## What is a mentor?

A mentor is a friend.

They're an adult who's there for you when you need them. You can talk to your mentor, ask them for advice, or just hang out together at lots of great places around Boston.

**“Being a teen is hard. Whenever I need help, I know my mentor will be there for me.”**

- Alex, a mentee

## What will we do?

You can go out to eat, play sports, or just go for a walk.

Every week for at least 1 year, you'll get to try activities you love or something completely new—  
**It's up to you!**

## Want to learn more?

- Just send us an e-mail or give us a call!
- Ask for a program brochure.
- If you are under 18, you will need your parent/guardian's permission to participate.

## Can I get a mentor?

The **Heads Up Mentor Program** is open to teens & young adults (up to age 22) who've lived with a family member with a mental illness.

Our mentors grew up under similar circumstances and can relate.

**Contact: Yelena Tsilker**

**Heads Up Mentor Program**

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