

What is Bromley Y?

Bromley Y is a local charity offering mental health and emotional wellbeing advice and support to children and young people, up to the age of 18.

Bromley Y offers a range of support including webinars, workshops, groups, 1-1 support and mentoring schemes.

Community Mentoring Scheme

What is a mentor?

Mentors are volunteers from the local community who use their life experiences to guide, encourage and support young people to overcome difficulties they may be facing in their day to day life, and work towards goals to improve their overall wellbeing.

How can mentoring help me?

Mentoring is flexible and can support with a range of issues. Young people tell us mentoring has helped to:

- Build confidence
- Find new interests & hobbies
- Improve relationships at school & home
- Provide a confidential space to talk about their feelings

How does mentoring work in the community?

Mentors meet with young people once a fortnight for 6-12 months. Regular reviews are in place to ensure that the support is meeting your needs and you want to continue.

Meetings are relaxed and fun, and take place somewhere you feel comfortable in the local area. This may include meeting in a café, enjoying an activity together (e.g. bowling), going for a walk, or playing sports. Mentors will support you to work towards any goals you might have identified together.

Mentors communicate with young people directly to arrange meetings.

**For more information,
speak to your
practitioner or email
info@bromleyy.org**

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Community Mentoring What mentees say

Mentoring has given me the tools to deal with my anxiety effectively, especially during the run-up to exams. Having somebody I can talk to and relate to has made me feel totally supported.

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It was really helpful talking to someone who's not part of my family or even a therapist, just someone who has knowledge on life.

Mentoring gave me an interaction with others which has helped me in my job. It has made me more confident and made me want to do more

It was nice to make a connection with someone when I was quite lonely and it was good for my mental health to know that it's confidential unless it's really serious. It's also nice to know that you're being taken seriously by an adult.

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