

Ready to make a difference?

Know someone who could benefit?

Heads Up is actively seeking mentors and mentees.

If you're over the age of 21, have a family member with a mental illness, and are able to make the minimum one-year commitment to support a youth, please contact us for a **mentor application**.

If you or someone you know is between the ages of 8-22, resides in the Greater Boston area, lives or has lived with someone with a mental illness, and could benefit from Heads Up, please contact us for a **mentee application**.



“I embrace this experience. It has been one of intense personal satisfaction. I love seeing my mentee benefit.”

- George, mentor



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www.helpfamilies.org**



Other CFCS Programs and Services:

- Adoption
- Developmental Disabilities
- Intensive Foster Care
- Family Support & Stabilization
- Residential Services

**Heads Up
Mentor Program**



**You're like the best friend
I've ever had.**

- Rachel, mentee, to her mentor

What is Heads Up?

Mental illness is nobody's fault, but it can impact the entire family. Heads Up connects youth who have lived with a family member with a mental illness to caring adults who grew up under similar circumstances.

Through supportive and lasting relationships, mentors help youth process their emotions, learn about mental health, and build self-confidence.

What does a mentor do?

Mentors are carefully matched with a young person based on common interests and the mentees' needs. Mentors support their mentees and take them out on 3-4 outings a month, like a trip to the movies, a museum, or the park.

Our mentors...

- Build strong, healthy relationships with youth.
- Provide new perspectives, understanding, support, and guidance.
- Act as positive role models.
- Provide information on mental health and mental illness.
- Develop their mentees' self-confidence and encourage their hopes for the future.

What makes Heads Up unique?

- We are part of an established Mentor Program at Cambridge Family & Children's Service. Many of our youth live in foster care, and a mentor may be their first consistent adult.
- We serve a broad range of youth — ages 8-22.
- Mentors receive extensive training and attend bimonthly Mentor Support Groups.
- We are the only mentoring program in the Cambridge area specifically for youth experiencing mental illness in their families.



What are the benefits?

For mentors:

- Mentors have the chance to share gifts, skills, and talents with a young person. They can be a friend, and a kid!
- Mentors often gain a different perspective and understanding of children and youth.

For mentees:

- Mentees are able to form strong, positive relationships with consistent adults.
- Through the support of an informed mentor, mentees have an outlet to process their experiences.

Contact us for more information:

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