

# 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:

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

## 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

