

Mentoring for Youth Wellbeing

1

INTRODUCE CONCEPTS

- Introduce the idea of mentoring for mental health and wellbeing.
- Make sure young people are aware of what you already provide.
- Make an organisational pledge for the betterment of educational mental health and wellbeing.
- Introduce basic-level wellness concepts in staff training and meetings.

2

INTEGRATE SKILLS

- Use the Phoenix training framework to gain skills and knowledge.
- Learn more about nurturing wellbeing and mental health via our courses.
- Let everyone know who your mentor champions are so young people know where to go for support.
- Consider having dedicated mentor zones or resources.

3

SUSTAINED EFFORT

- Train dedicated instructors using our framework who can deliver ongoing support for others who wish to become youth mentors.
- Run regular training and meetings on these topics.
- Invite people (internally or externally) to speak out about their experiences and create a safe space to talk about mental health and other issues.
- Evaluate the ongoing impact of your mentoring schemes.

