



# YOUR CARE LEAVING MENTOR

A GUIDE FOR CARE LEAVERS



# HOW WE HELP

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Need extra advice and help during your transition out of care?

Need extra help with finding work or just want someone to talk to about what options may be out there?


"I need intensive support during my transition and would like regular visits or phone calls with someone."




"It would be just nice to have someone to talk to and spend time with and to get out of the house."



A volunteer Mentor can lend a listening ear, and try to help you with some of the challenges of leaving care.



A volunteer Mentor can sit with you and help you create and develop your CV. They can help you think of ways of gaining relevant experience.



It would be an agreed arrangement of how often you would see and speak to your Mentor.



A Mentor is someone to spend time with and talk to.

# A MENTOR CAN...

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- Be a positive role model
- Support you during your transition leaving care
- Listen to you and help advocate for you during meetings
- Help you build and develop skills needed to living independently i.e. cooking
- Help you to research and consider future career prospects
- Improve your confidence
- Be an independent source of support from the care system

# HOW & WHY?

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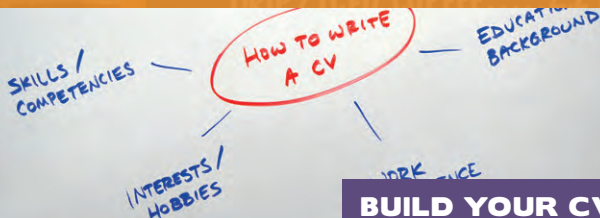
- Volunteer Mentors will visit you at a frequency that works for you
- Meet in the community or at your home
- They will stay with you for around 6 months or until you feel ready
- They are there to talk to, spend time with you and help with essentials skills for living independently
- They will help you to help yourself with your emotional wellbeing awareness and needs
- Help you with meetings
- You can design how it works so it works for you

# WHERE

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**TALK TO SOMEONE**



**LIFE SKILLS**



**YOU DECIDE**

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# GET IN TOUCH

You can contact us directly or ask your Personal Advisor  
or Social Worker to contact us on your behalf.

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## Young Lives Foundation

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