



The
Be Well
Collective

**Mentoring Young
Creatives**

MENTOR 2020



What is the Mentoring Young Creatives Programme?

Mentoring Young Creatives is a new initiative founded by the not-for-profit organisation the Be Well Collective. Mentoring Young Creatives will unite individuals from within our community to provide essential support to those experiencing mental ill health, in response to the COVID-19 crisis and its ongoing implications.

The programme will connect individuals across a fragmented community, helping to strengthen it by bridging the gap of those of different backgrounds, that would otherwise not have the opportunity. This will allow the chance for individuals to communicate, and mutually benefit from one another. The initiative will run for a duration of six months and involve weekly, bi weekly or monthly sessions.

Why is Mentoring Young Creatives needed?

In England, one in four people will experience a mental health problem of some kind each year. Mental health issues such as low self esteem, lack of body confidence, anxiety, stress, eating disorders and loneliness are abundant among the young people of the fashion and creative industries, due to the nature of the job and lack of support available. Since the COVID-19 crisis, it has become apparent that the problems we aim to tackle as an organisation are more prevalent than ever before. In response to the COVID-19 crisis and the resulting impact on the state of mental health within our community, we are adapting and administering new ways in which our organisation can provide support.

Those within our community have experienced job insecurity, increasing financial pressures, further social isolation and inability to gain regular support from our organisation. This puts those already vulnerable to mental ill health, at a much greater risk.



What are the aims of Mentoring Young Creatives ?

Mentoring Young Creatives will create a strong network within our community, matching mentors who have experienced and overcome mental health issues with vulnerable young people aged between 15-25 years.

Mentors will take on the role of befriender, listener and mediator, to provide the mentee a safe place to openly share their experiences and mental health struggles. Empowering them on a level which will help to improve self-worth, self assurance, resilience and help to reduce loneliness, all of which will affect mental ill health.

How will the programme run?

Once you have applied to become a mentor we will arrange a time to meet with you over zoom or call. This will give us an opportunity to chat through the programme and discuss how you might be suitable as a mentor. All mentors will receive a training pack and undergo an online training session.

As a mentor you will be paired with a mentee who is experiencing similar challenges, as to what you have understanding in or undergone in your life or career within the fashion industry or a similar industry. Alternatively, for those who do not have a background in the fashion industry, you will use your skills and equipped knowledge from your own personal journey to help support the mentee. We aim to ensure that the programme fits around our participants schedule with ease.

Mentoring Young Creatives enables the individual to establish a private and safe relationship with you as their mentor, who understands the demands of their job in the context of their condition. Taking into account how it impacts the individual, and is sympathetic towards the psychological difficulties and problems that they may face within the workplace.

Over time, a supportive and respectful relationship of trust is developed, allowing the person to explore issues affecting them and to work on overcoming those barriers. We will arrange a time for you to meet your mentee (this will likely be over zoom depending on the current government guidelines). Your availability will dictate how often and when you meet with your mentee.



What we are looking for?

Personality

As a mentor you will act as a befriender, listener and mediator, providing a safe space for the mentee to openly share their experiences and mental health struggles. Empowering them on a level which will help to improve self-worth, self assurance, reduce rates of loneliness and mental ill health.

A great mentor is someone who is compassionate, empathetic and a good listener. You will be able to use your past experiences and learnings to help guide your mentee, offer support and a place where they can feel safe and heard.

Experience

The programme is designed to offer support for individuals who are at risk of developing mental ill health therefore, it would be advantageous to have experience or understanding around mental health.

Time

The amount of time that you put into the programme is dependent on your availability and at your discretion. This will be agreed prior to matching you with a service user.

How can being a mentor benefit you?

Becoming a mentor gives you an opportunity to give back to the community. Enabling you a chance to support a young person who is experiencing the same issues and complications which you have experienced. As a mentor you can use your learnt experience and help to make a difference to someone else's life. Building a relationship and guiding a young person can be extremely rewarding and have positive impacts on your own wellbeing and growth, as well as theirs.



The
Be Well
Collective

Interested?

We are looking for candidates to be involved in the initiative in both mentor and mentee roles. If you feel that you would benefit from our mentoring programme or think that you would be a viable candidate to offer your support and time as a mentor, we would love to hear from you.

For more information, please contact us via info@bewellcollective.co.uk

Mentoring Young Creatives has been created by the not-for profit organisation the Be Well Collective. A charitable organisation dedicated to supporting and sharing mental health awareness and physical wellbeing within the creative industries and to the younger generation.

To support mental health and to make a donation please click the link [here](#)

Thank you in advance, the Be Well Collective