



The
Be Well
Collective

**Mentoring Young
Creatives**

MENTEE 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. The programme 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.

Mentoring Young Creatives 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 to connect. 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 or bi weekly mentoring 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 within the 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 or have an understanding of mental health issues with vulnerable young people.

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 been accepted onto the programme we will arrange a time to meet over zoom. This will give us an opportunity to chat through the programme and discuss your needs, expectations and how we hope for you to benefit from the programme.

Mentoring enables you to establish a private and safe relationship with your mentor. We will pair you with a mentor who has experience or understanding of similar challenges to yourself and can therefore, offer a relatable perspective. Your mentor will have understanding of the demands of the creative industries and how this impacts mental health and wellbeing.

We will arrange a time for you to meet your mentor (this will likely be over zoom depending on the current government guidelines). We aim to ensure that the programme fits around our participants schedule with ease.



Who can apply to Mentoring Young Creatives?

Spaces available on the programme are suitable for young people between the ages of 15-25 years, who work within the fashion or creative industries. This initiative is designed to provide much needed support to those who are facing mental health or related issues, and for those who have been affected by the COVID-19 crisis.

How can the programme benefit you?

Mentoring Young Creatives enables you to establish a private and safe relationship with your mentor, who understands the demands of a job within the fashion and creative industries. The mentor will take into account how this impacts mental health, and is sympathetic towards the psychological difficulties and problems that you may face within the workplace.

Mentoring Young Creatives allows for a supportive and respectful relationship of trust to develop between mentor and mentee. Your mentor will offer you practical support, helping you to identify barriers and ways in which you can overcome them.

Through developing a long-term relationship with your mentor, your mentor will encourage personal progression and independence in managing mental health. Mentoring is a successful method used to help build greater understanding of self, increased self esteem and self worth.



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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 fashion industry 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