



Proud Mentors What to expect



Pairing process

We will always try to pair you with a mentor based on shared experiences, shared interests and your preferences. So if you would feel more comfortable with someone in particular (e.g. if you would prefer a male, female, Trans or Non binary mentor). We cannot guarantee that we will be able to accommodate your preferences but will do our best to.

The most important thing to remember is that this is for you to benefit from, so if you do not feel comfortable with the mentor you are paired with, let us know! We will then be able to support you in either building a stronger connection with this person or repairing you with a new mentor.

Interactions with your mentor

All your interactions with your mentor will be online, at least for the time being. Your session will run via Google Meet video call. In your first session there will also be a member of The Proud Trust staff to introduce you and talk through how to set up your ongoing meetings with your mentor. A member of proud trust staff may also join one of your sessions in the future to check in with you and your mentor to see how things are going.

Your interactions you NOT happen on any other platform unless you have been told this by a member of The Proud Trust staff in writing.

Ending your sessions

Mentors are there to support you and the sessions can run for as long as needed to support you. So you can work with your mentor to discuss when your session might come to an end, but this is your decision to make.

If you don't not feel comfortable during a session you can leave the meeting at any point. Equally, if you would like to stop sessions with your mentor for some reason we can work with you to re-pair you with a different mentor. To do this, contact the Help Services Manager (contact details are at the bottom of this document).

Confidentiality

Keeping conversations confidential is very important to us, but keeping you safe and supported is our biggest priority. So, there may be times that staff or Mentors need to break confidentiality, which means telling other people about our conversations. We will only do this if we think we have to in order to keep you or someone else safe.

Where possible, we will always talk to you first about who we might need to tell and what information we will give them.

Who to contact

If you want to talk about your mentors or the interactions you have had, you can contact the Help Services Manager to discuss this. If you are worried, or concerned about something or just want to talk something through without your mentor there, we are here to support you.

You can contact:

Ashley Hind

Help Services Manager
ashley.hind@theproudtrust.org
07834 170336

Cath Hayes

Safeguarding Lead at The Proud Trust
cath.hayes@theproudtrust.org
0788965626



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