

**I would like support with:**

- Self Esteem     Stress
- Motivation     Making friends
- Managing my anxiety or depression
- Helping me back into employment / education
- Other .....

**If you would prefer an e-Mentor, please state:**

- Yes     No

Please detach this form and return it to:

Anxiety UK  
 Zion Community Resource Centre  
 339 Stretford Road  
 Hulme  
 Manchester  
 M15 4ZY  
 Tel: 0161 226 7727  
 mentoring@anxietyuk.org.uk

You can also apply online at:  
<http://www.anxietyuk.org.uk/get-help/obtain-support-from-others/>

**What if I'm agoraphobic or I have social anxiety?**

Don't worry – we know how difficult it can be at times to come to somewhere new, particularly if you haven't left your home for a long time because of anxiety.



The good news is that Anxiety UK also offers an e-mentoring service where mentors offer support through email.

If you don't feel up to face to face mentoring, your mentor is only an email away. Anxiety UK can provide you with a private email address that you can use to send emails to your mentor.

**How long do mentoring meetings last?**

Face to face meetings with mentors usually last about half an hour and take place every 1-2 weeks.

**What if I don't get on with my mentor?**

We recognise that sometimes people just don't get on and that from time to time peer mentors and mentees just don't click. If this happens, our peer mentoring co-ordinator will organise for a new mentor to take over.



**Feeling stuck in a rut?**

**Is anxiety or depression spoiling your life?**

**Don't suffer alone**

Help is now available through a new support service offered by 'mentors' - people who understand what you are going through because they have experienced similar difficulties themselves.



## What is a peer mentor?

Anxiety UK's peer mentors are people who have been through similar difficulties to you and have recovered and/or made significant progress towards their recovery from anxiety/depression.

Mentors can listen to your concerns and support you to move forward with your life by helping you to:

- Set goals and identify areas of your life that you would like to develop
- Increase and boost your confidence
- Support you to access training, education or volunteering opportunities
- Help you to improve your mental well-being
- Meet others similarly affected, reduce isolation and help you to access other services available in your local area

## Who are the mentors?

The mentors are volunteers who are fully trained in mentoring skills. Mentors and mentees (the person receiving support from a mentor) benefit from the mentoring relationship through skill sharing and the development of a supportive relationship.

## Matching process

The service is managed by a peer mentoring co-ordinator who matches mentees with mentors, based on the information that is supplied at the time of applying to the service and the type of support that people state that they require. Where possible, mentees are paired with a mentor who has been through a similar experience. The peer mentoring co-ordinator will always be present at the first meeting between mentees and mentors.

## What sort of things do mentees talk about with their mentors?

Mentees are supported by mentors to work through a range of activities based on each individual's goals – whatever these might be.



The important thing is that mentees work at their own pace – there is no pressure to do things within a fixed timeframe.

Mentors use various techniques to help mentees, including helping people to gradually move out of their psychological “comfort zone”, identifying areas that mentees would like to work on and giving practical information and skills training.

For some people this might include getting help around finding a job. For others this might be something completely different – for example getting help with getting to the gym and starting up a programme of physical exercise.

Mentees decide what they need help and support with and mentors seek to provide this support.

If you'd like to find out more, please complete the application form below:

Title:  Mr  Mrs  Ms  Miss

Other .....

Surname: .....

Forename(s): .....

Address: .....

.....

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Contact Number: .....

Email Address: .....

Where did you hear about us? .....

.....

How would you describe your condition?

Agoraphobia  Obsessive Compulsive Disorder

Social Phobia  Panic Attacks

Depression  Generalised Anxiety

Other .....

