



## School Mentoring Services




We offer **1-2-1 mentoring** and guidance at secondary schools through the school timetabled day.

These sessions are for school years 7-13.

**To find out** if Action East Devon's School Mentoring Service is currently working out of your school please contact us>

**"It's helping me cope better with school and get the help I need and I like that it's confidential and supportive."**

At Action East Devon we are passionate about raising awareness of the issues facing those with mental health difficulties but also sharing ways to wellbeing that we can all do to stay healthy.

[info@actioneastdevon.org.uk](mailto:info@actioneastdevon.org.uk)  
[www.actioneastdevon.org.uk](http://www.actioneastdevon.org.uk)  
01404 549 045   

**We work with the school wellbeing teams** to ensure that support is correct for that young person.

**Staff use their expertise** to undertake comprehensive ongoing assessments of young people to identify activities that best meet individual needs.

**Each young person** has an individualised action plan with goals around better managing their mental health, developing their skills and confidence and setting targets around education, volunteering and employment >

