

# Mentoring service



Registered Charity Number 1182858 | Registered Company Number 4738857

Would you like to get out more or try new things but aren't sure how? Perhaps you want to go back to college, be a volunteer, start work, try an activity, meet new friends or find out what is going on in your area.

Manchester Mind has a service for 15 to 25 year olds that can help you get out more and find activities you would enjoy. All mentors are young people themselves and you would be matched with someone who will help you work towards your goals.

Please contact us if you are aged 15 to 25 and are interested in our mentoring service:

telephone 0161 221 3054

email [yasp@manchestermind.org](mailto:yasp@manchestermind.org)

twitter @YASPproject

website [www.manchestermind.org](http://www.manchestermind.org)



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