



YOUTH MENTORING

- BEST PRACTICE
- EVIDENCE BASED
- COST EFFECTIVE
- POPULAR

Improving Outcomes

- Education
- Mental Health
- Relationships
- Youth Crime
- Empathy
- Autism



RESEARCH FINDINGS

- Increases Hope
- Improves Wellbeing
- Provides Support
- Encourages Education
- Improves Relationships
- Discourages Drug and Alcohol use
- Develops Empathy

[BBBS Evaluation Study](#)



[Mentoring and Adolescent Empathy](#)



UNESCO Child and Family Research Centre NUIG, 2011/2018.

**SUPPORTIVE
FRIENDSHIPS**



**MODEL OF
BEST
PRACTICE**

SUPPORTING

YOUNG PEOPLE IN CAMHS

- Improves
 - Relationships
 - Wellbeing and Mood
 - Social Skills
 - Engagement
 - Confidence
- Stronger Sense of Self
- Improves ability to
 - Cope with Challenges
 - Do things Independently
 - Talk with Others

UNESCO Child and Family Research Centre NUIG, 2022. 