

# Face to Face

## Refugee Doctors' Mentoring Project

***Mentoring is a one-to-one, non-judgemental relationship in which an individual mentor voluntarily gives time to support and encourage another person.***

The Migrant and Refugee Communities Forum (MRCF) has received funding from Capital Volunteering to set up and deliver an exciting new mentoring project. MRCF will provide a mentoring scheme for forced migrants who are using statutory mental health services. Mentors will be recruited from the MRCF Refugee Doctors Programme.

The project will aim to provide service users (mentees) with a mentor in order to have:

- Emotional support
- Help with social and practical needs
- Increased social connection and reduced social isolation
- Help with development of a sense of trust in others
- Support to access community and/or voluntary sector activities and services (eg through accompanying and encouraging)
- Confidence to function effectively and independently within a new community
- Language and interpreting support

If you would like to refer someone who is accessing mental health services and would benefit from being a mentee, or for more information about the project, please contact:

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