

Free mentoring services in Gloucestershire



Young Gloucestershire

Young Gloucestershire offers a range of support services, including one-to-one mentoring ("Trusted Adult" support) for young people facing challenges such as mental health difficulties, family issues, school attendance concerns, substance misuse, or other vulnerabilities.

[Trusted adult one to one support \(Mentoring\) | Young Gloucestershire](#)



Gloucestershire Mentoring Programme

A free mentoring programme for girls and young women aged 11-25 who may be at risk of involvement in crime or exploitation. The programme matches young people with trained volunteer mentors for longer-term support.

[Free mentoring service for girls and young women – Diocese of Gloucester](#)



Breathe Youth

Breathe provides mentoring for young people aged 11-18 in the Forest of Dean. Young people are matched with a volunteer mentor who meets with them regularly, often for at least a year. Referrals usually come through professionals rather than self-referral.

[Clubs and mentoring for young people - Forest of Dean - Breathe Youth](#)



Headspace Mentoring for Young People

This mentoring programme gives young people in the North Cotswolds the chance to have regular one-to-one support from a trained volunteer mentor. The benefits of mentoring include: improved self-esteem and sense of self-worth, better engagement with school and learning, reduced risk of isolation or exclusion, stronger coping strategies for life's challenges

[HeadSpace | Mental health charity for teenagers | Cotswolds](#)



Gloucestershire Youth Support Team

[Youth work](#)



Early Help

Early Help may be able to fund mentoring

[Families first | Gloucestershire County Council](#)



The Door

Schools Mentoring
[Schools](#)



King's Trust

Mentoring for confidence building or mentoring to find a job

[The King's Trust | Confidence, courses, careers](#)