



**Feeling the pressure?**



**Struggling to cope  
with your feelings?**



**Finding family  
life difficult?**

**If you're a young person aged 11-18 or a  
parent (with children of any age) struggling  
to cope, our mentoring service can help.**

Surrey Care Trust is a local charity supporting adults, families and young people who would benefit from support through some of life's challenges. Mentoring is a simple but effective way of helping someone who is going through a tough time or wants encouragement in making difficult decisions.



**Our FREE mentoring service matches people who are looking for some support with one of our trained volunteer mentors.**

**FIND OUT MORE**

**Call us on 01483 426990 or email [mentoring@surreycaretrust.org.uk](mailto:mentoring@surreycaretrust.org.uk)**

**[www.mentorningsurrey.org.uk](http://www.mentorningsurrey.org.uk)**

**[surreycaretrust.org.uk](http://surreycaretrust.org.uk)**

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