

# Becoming a Been There Mentor

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Been There is a mentoring charity. We help adults who are experiencing any body image issues and related mental health concerns, by connecting them with a Mentor who has 'Been There' via an app.

Each Mentor is vetted and comprehensively trained by experts, and fully supported by the charity, enabling them to listen to, and share their experience with Mentees weekly, through the discrete and safe- space of our in-app chat function.

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IT ALLOWS  
SOMEBODY WHO  
OTHERWISE WOULD  
NOT BE HEARD, TO  
BE HEARD; THAT'S  
ALL THAT WE CAN  
DO. IF IN THAT TIME  
OF BEING HEARD IT  
TAKES THEM TO A  
BETTER PLACE TO  
SPRINGBOARD THEIR  
RECOVERY, THAT'S  
GREAT.

Sarah  
Been There Mentor

As a Mentor you will have the chance to:

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- Make a real difference in someone's life
- Deepen your understanding and skill base with our in-house training course, designed with The Body Image Clinic and current Mentors
- Build your communication & interpersonal skills Gain confidence & leadership skills
- Use your personal experience to help others in need
- Enjoy being a part of the Been There community
- Play a crucial role in Been There's incredible journey
- Create a huge difference in the epidemic of body image issues that we are experiencing in our world



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I FELT SO ALONE AND ASHAMED  
UNTIL I STARTED SPEAKING TO YOU

Been There Mentee



# What we need from you

- To be over 21 years old
- Able to complete around 6-8 hours of online training and assessment
- To commit to between 1-3 hours a week as a Mentor
- To undergo all necessary safeguarding checks including DBS and personal references
- Agree to Been There's confidentiality and privacy policy guidelines
- You must commit to a minimum of six months volunteering with [Been There](#)
- Have access to a quiet and private environment to complete your online training and deliver one-to-one mentoring sessions
- A secure internet/data connection in order to access the [Been There](#) app

## Getting you started

Once you have been vetted, you will attend 3 training sessions of 2.5 hours online. These are [interactive sessions](#) and will be followed by an [assessment](#) to further cement your learning.

Our training has been developed alongside the Body Image Clinic's Clinical Director, Thomas Midgley, with feedback from Been There's current Mentors meaning that you will have the [skills, understanding, confidence and tools](#) to begin your role as a Mentor.

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**SUPPORT FROM THE MENTORS AT BEEN THERE WHO HAVE LIVED EXPERIENCE OF STRUGGLING WITH AND OVERCOMING AN EATING DISORDER CAN BE SO POWERFUL FOR SOMEONE FEELING ISOLATED, ASHAMED, OR DEFEATED BY THEIR CONDITION**

Thomas Midgley, Founding Director at the Body Image Treatment Clinic

- **What your training includes:**
- To get clear on what [Been There](#) is and the Been There Way
- To understand what it is to be human
- To understand the most common struggles of our Mentees
- What you are likely to encounter
- How to help your Mentees
- The role of a [Been There](#) Mentor
- How the service works
- How to look after yourself as a Mentor



# WELCOME to the community

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Training done, assessment complete, you will become an integral part of the Been There team and community! Throughout your time with us, you'll be a part of a Mentor Group led by a Mentor Lead who has been or is a **Been There** Mentor. They will offer their guidance and support as well as sharing Charity updates and additional resources.

Regular supervision sessions with clinical leads mean that you can discuss any challenges or successes you have come up against and to offer you advice and guidelines.

You will also be invited to attend online Mentor Meet Ups where you can share your experiences and take part in activities, further training and listen to experts share their knowledge. We strive to ensure that you feel looked after and valued as a massive part of the **Been There** community.



Rachel Hardman  
Head of Mentoring  
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*We cant wait to  
have you onboard  
Thank you  
Rachel x*

