



PROGRAMMES



Mentor delivers prevention programmes in a variety of settings for young people and the adults in their lives.



RESEARCH

Our work is based on the best international evidence, helping us to identify and deliver the most effective prevention programmes.



POLICY

Our work contributes to, and is often cited in, UK alcohol and drugs policy. We also conduct policy analysis and research.

EVIDENCE-BASED PREVENTION

Our approach to preventing the misuse of alcohol and drugs is rooted in building young people's resilience. We provide them with age-appropriate knowledge and skills coupled with positive health values to help them build the self-confidence to make their own decisions.

We believe the best strategy for supporting young people's immediate and long-term wellbeing is through a holistic, life-course approach to prevention. This approach considers the many inter-related risks young people face and supports effective, evidence-based prevention in the home, at school and in the community.



Mentor helps to build young people's resilience in order to prevent harms caused by the misuse of alcohol and drugs.

Our work is based on the best scientific evidence, helping to create a generation of confident and healthy young people equipped to thrive in the modern world.



Who we are

Mentor was founded in the UK in 1998 and is part of the group of charities affiliated with the Mentor International Foundation, a global partnership that shares knowledge and best practice across its eight member countries. Mentor UK works independently and with partners across England and Scotland from its offices in London and Edinburgh.

What we do

We believe the best strategy for supporting the immediate and long-term well-being of children and young people is through a holistic, life-course approach to prevention. This approach considers the many inter-related risks young people face and supports effective, evidence-based prevention in the home, at school and in the community.



Mentor is working for an effective, comprehensive and national prevention strategy, through schools, families and communities.

As a prevention charity, our work is all about reducing future needs. We want to shift resources from approaches which have been shown not to work to ones that do. We believe prevention services are a crucial investment in the future. If we support more young people today, there will be reduced need for behavioural services, healthcare and substance-related treatment services in the future.

Mentor's work consists of three key elements:

Programmes

At the heart of our work are the evidence-based programmes that we deliver in a variety of settings for different groups of young people, as well as the adults in their lives. We run programmes both independently and in partnership with organisations across England and Scotland.

Research

Building our evidence base of 'what works' in prevention is vital to ensuring our work is effective, and underpins all that we do. Mentor developed ADEPIS, the leading source of alcohol and drug education resources for schools, and now maintains the CAYT repository of impact studies for various evidence-based programmes.

Policy

As the UK's leading voice in drug and alcohol prevention, we often contribute to or are referenced in drug and alcohol policies in the UK. We also conduct policy analysis and research, which informs our blogs, and lead national campaigns.

Contact us for more information

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